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THOMSONIAN

MEDICAL INSTRUCTOR,

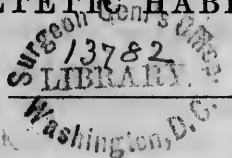
**CONTAINING PRACTICAL INFORMATION RELATING TO
THE THOMSONIAN MEDICINES, PLANTS, BARKS,
AND ROOTS, IN GENERAL USE.**

DIRECTIONS FOR ADMINISTERING A

THOMSONIAN EMETIC AND VAPOUR BATH.

OBSERVATIONS ON PREPARING FOOD FOR THE SICK.

DIETETIC HABITS.



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PREFACE.

THE object for presenting this work to the public, is to furnish in a condensed form some important practical medical information, that may serve to assist in relieving suffering, and to aid the inquiring mind in obtaining a knowledge of the nature and effects of such simple, safe remedies, as will, with the exercise of their reason, observation, and judgment, enable them to know when they need medicine, and what kind they require, just as well as when they require food, drink, exercise, or repose.

The great necessity for every one being the *protector* and *guardian* of their own health, is not only reasonable, but also very evident, from the fact that the medical profession have failed to establish any reliable medical principles that has proved the pathway to health, else their success had been their bulwark, and we should not now see them divided into sects and parties, distracted with conflicting theories, and quarrelling about opinions—each claiming superiority for themselves; neither would we see such great numbers pass from the vigor of youth and prime

of life to a premature grave—nor so many struggling through a life of physical suffering, bearing the unmistakable marks of a ruined constitution, by the influence of improper medical treatment.

What do these facts prove, other than that a veil of uncertainty and mystery envelops the subject, and reveals to us the absolute necessity of exercising our own reason and judgment in relation to the laws which control our physical being, just as well as in every other matter connected with our existence.

The reader is referred to the chapter on *Dietetic Habits*.

EXPLANATION OF CONTENTS.

THE object of this work being to give information relating to the Botanic articles in general use, we have necessarily introduced some things which are not used or approved by Thomsonians; hence, we deemed it proper to arrange the contents under distinct heads. Those approved by Thomsonians generally, under one; and those considered by us non-essential, uncertain, or absolutely injurious, under the head "Miscellaneous Articles;" also a third part referring to various diseases, where the prominent articles generally employed are named.

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COURSE OF MEDICINE.

THE following directions for administering a Thomsonian course of medicine or emetic, is extracted from *Comfort's Thomsonian Practice*. "The following process constitutes a Thomsonian course of medicine :

1. "A steam or vapor bath. The patient taking during this operation a dose of composition or pepper tea.

2. "An emetic, prepared and administered according to the directions hereafter given.

3. "An injection to operate on the bowels. In most cases it is better to administer an injection at the commencement, before the vapor bath, and repeat it after the emetic operates.

4. "After the operation of the emetic, the vapor bath is again applied to restore the natural warmth to the system, or, as Dr. Thomson expresses it, 'to set the wheels of life in proper action.' When the patient has remained a sufficient length of time in the bath, he must be showered with cold water, or sponged with whiskey or vinegar, and rubbed dry. I believe it may be safely asserted that there is no form of acute disease that can be treated more successfully than by regular Thomsonian courses of medicine.

5. "Light nourishment to be given after the emetic operates, either before or after the last bath, as the inclination of the patient may dictate. Milk porridge is generally given as nourishment after the

course of medicine, and when the patient inclines to take it during the operation, it may be given, and it will assist the operation of the emetic. In sudden attacks of disease, however, as in fevers, pleurisy, &c., crust coffee, elm, gruel, barley water, or gum Arabic water will be more suitable."

The above process, termed a course of medicine, first instituted by Dr. Samuel Thomson, is the most effectual, consistent, and philosophical plan of treatment ever devised for the cure of disease. By courses of medicine, with the usual intermediate treatment, disease may be cured that has resisted every other plan of treatment; and, even though it fail of effecting a cure, still the treatment will not injure the constitution—the declarations of medical men to the contrary, notwithstanding. The medical profession manifest a degree of prejudice against the Thomsonian practice that is wholly inexcusable. As guardians of the health and lives of the community, they should know better than to make such outlandish, false, and absurd assertions which many of them do in relation to the Thomsonian practice.

GENERAL DIRECTIONS FOR ADMINISTERING A COURSE OF MEDICINE.

1. *The Vapor Bath.*—Various methods are employed in the application of the vapor or steam bath; the usual plan, however, is to place the patient upon a tight bottomed chair, throwing a quilt over him, leaving the head uncovered; a flat bottomed basin or dressing pan is to be placed under the chair, a quart of hot water poured in, and put into it a red hot brick, or stone. If the brick be entirely red hot, it should be set in edgewise at first, or the steam

may be too warm for the patient to bear ; in a few minutes the brick may be placed with the flat side down. Three, and sometimes two bricks will be sufficient, provided they are thoroughly dry and red hot on one side. If the steam be too hot, the quilt may be raised from the floor so as to admit the cold air ; and when the patient feels oppressed with the heat, the face and head must be frequently wet with vinegar and water, or whiskey, and occasionally the body of the patient should be washed or sponged with cold or tepid water. During the latter part, or at the close of the steaming, a shower bath must be used, or the patient washed in cold water or spirits.

The feet may be more effectually steamed, by placing a stool on the chair, the patient sitting upon the stool and resting the feet on the seat of the chair.

An apparatus for steaming has been introduced into use in Philadelphia, which is very simple, and equally as efficacious as the old method, and is much less troublesome to administer.

Steaming in Bed.—When a patient is too weak to sit up, the steam may be applied under the bed-clothes by placing about the patient hot stones or bricks, wrapped in damp cloths. Bricks that have been lying in a damp place should not be used, as they will not retain the heat.

Placing the patient on a quilt, and when the hot bricks are applied, throwing the sides of the quilt over the patient, will confine the heat and vapor to the patient, and also protect the bed clothes from dampness.

When the bed clothes have become damp from the steam or brick cloths, hot bricks should be placed in the bed, wrapped in *dry* cloths.

By having two sets of bricks, a regular steam and heat may be kept up any length of time.

Another Way.—Make a frame work with plastering lath or narrow strips of boards; place it over the patient; throw a quilt over the frame work and introduce the steam under the cover by means of a pipe and boiler, or by basins containing a little hot water and putting hot bricks in them. The patient to be stripped of all clothing whilst steaming. Or, place together two rows of chairs; put on the seats a mattress or quilts; throw a quilt or blanket on the backs of the chairs to prevent the steam escaping from the sides, and when the patient is put on this bed, spread a quilt across the top and close the openings at the head and foot. The steam pipe to be introduced at the foot. The patient's head to be placed on a pillow and remain uncovered.

Patients who are extremely weak will bear steaming in this way from half an hour to two hours, provided the body is bathed occasionally with vinegar and water, or tepid water.

Warm bricks kept at the patient's feet during the operation of an emetic, will be beneficial.

2. *The Emetic.*—There are many modes of preparing an emetic. For ordinary cases the following will be found effectual:

A teaspoonful of the third preparation of lobelia.

A teaspoonful of green or brown lobelia.

A large teaspoonful of sugar.

Rub these well together in a teacup, and then pour on a teacup two-thirds full of strong bayberry or No. 3 tea, nearly scalding hot, stir it occasionally, and take it lukewarm.

A similar dose may be repeated in the course of twenty minutes, or half an hour. It is seldom ne-

cessary to take more than two doses, still, more may be given if required. I have on many occasions given two and three ounces of lobelia, in administering a course of medicine. When a sufficient quantity of lobelia has been given, the patient should be allowed to remain quiet, without taking anything to force the operation until an hour or two has elapsed. In some instances, however, the patient will vomit soon after taking the emetic, but in very many cases the emetic will remain from two to three hours before it will operate, provided no means be taken to force its operation. It is better that the emetic should remain on the stomach, at least an hour, as it generally renders the operation more easy and effectual. There is no objection to the patient's drinking freely, if they desire it, when under the operation of a course of medicine, and when the emetic does not operate freely, composition or cayenne should be given.

In all cases of seated disease, where the stomach is weak, and the system relaxed, the emetic should be combined with the more active stimulants, such as the formula above mentioned, adding freely of No. 6, or pepper, to the emetic. In low cases of protracted fevers, there is no better form of emetic, than the liquid of the third preparation of lobelia in strong bayberry, or No. 3 tea.

Another Mode of Preparing the Emetic.—Take a large heaping tablespoonful of bayberry, or No. 3 powder, and an even teaspoonful of cayenne, pour on half a pint of boiling water, and then add a teaspoonful of nerve powder; when it settles, pour or strain off the tea, and while moderately hot, add four teaspoonsful of green or brown lobelia powder, and sweeten. This may be taken at once, or at two or

three times, at intervals of fifteen or twenty minutes. The stronger the bayberry tea, the more easily and effectually will the emetic operate.

Another Plan of Preparing the Emetic.—Take a teaspoonful of lobelia powder, half a teaspoonful of nerve powder, and two large teaspoonsful of No. 6 ; pour on a teacup two-thirds full of strong bayberry, or composition tea ; sweeten, and take warm. The dose to be repeated three or four times at intervals of fifteen or twenty minutes.

And again, the lobelia powder may be mixed in strong composition tea, sweetened, and taken in the usual doses. This last is the way in which emetics are usually prepared for children.

After the emetic is given, the patient need not take much drink until the emetic operates. It is a practice with too many nurses, to force the patient to drink a cup of medicine every few minutes during the operation of a course of medicine. It is much better to allow the emetic to remain on the stomach as long as it will, or at least an hour or two. Where it is desired to make the emetic operate, it may generally be effected by giving the patient a dose of pepper tea, or a teaspoonful of supercarbonate of soda, or half a teaspoonful of sal æratus, dissolved in a tumbler half full of lukewarm water. In cases of great debility, the patient should take occasionally, during the course of medicine, a dose of pepper tea, or of composition, and No. 6 ; and after vomiting, milk porridge, chicken tea, or some other kind of nourishment, seasoned with pepper.

3. *The Injection.*—In most cases it is better that an injection be administered in the commencement of the course, before the vapor bath is administered, and another after the operation of the emetic. The

injection may be prepared in the same way as an emetic. A very common form for injections, is half a pint of composition tea, adding a teaspoonful of nerve powder to the tea while hot, and when lukewarm, a teaspoonful of lobelia powder, and as much No. 6. This answers for common cases. Where there is canker in the bowels, and in case of dysentery, cholera morbus, &c., the bayberry, or No. 3 tea should be used, adding the liquid of the third preparation of lobelia, or two or three teaspoonsful of No. 6, and a teaspoonful of green lobelia.

If the bowels be much disordered, injections will, in general, occasion more or less pain and distress for a short time, the patient, nevertheless, experiencing much relief from the operation. An injection containing lobelia, if retained in the bowels, will often cause sickness at the stomach and vomiting, and effectually relax the system. Recent attacks of disease have, in many instances, been broken up by such an operation. As a general rule, I have observed that the patient experiences the most benefit from injections that occasion the most distress and pain. Lobelia possesses the property of arousing the sensibility of the stomach and bowels, so that if they are diseased, it causes the patient to feel the disease.

4. *The Second Vapor Bath.*—The proper time for administering the last steam bath in a course of medicine, as a general rule, is when the patient ceases to sweat, or becomes restless after the operation of the emetic. If the patient continues to retch and vomit a long time, there is nothing so effectual in settling the stomach as a steaming. When the steaming has been continued long enough, the patient must be showered with cold water, or washed

with vinegar, or spirits, rubbed dry, and kept warm. It is beneficial, in many cases, to bathe the surface with No. 6, pepper sauce, or stimulating liniment, after the last bath, and when the patient is rubbed dry. This is more especially needed where the skin is in a relaxed condition, as in chronic rheumatism, bronchitis, asthma, consumption, &c. Sometimes the skin is exceedingly sensitive to stimulant, and if applied too freely, will occasion a severe burning sensation on the skin, which may continue for several hours.

Food.—Some persons, on reading Dr. Thomson's work, understand him to say that patients, after a course of medicine, may take almost every kind of food. It is those cases where the appetite and digestion are restored, that Dr. Thomson alludes to when he speaks of giving almost any kind of food that the appetite may crave. In most cases of disease the digestive powers are too feeble to digest any but the lightest kind of food, such as crust coffee, barley water, arrow root, gruel, and gum Arabic water. Even milk porridge, which is generally given after a course of medicine, is not adapted to cases of fevers, severe pleurisy, inflammation of the lungs, and in the early stages of almost every sudden attack of disease. It is far better that a patient, in the early stage of a severe attack of disease, abstain from food altogether, than to take such as will oppress the stomach.

From three to six hours is, in general, required for a full course of medicine; and, except in urgent cases, it is better to allow the emetic to remain on the stomach an hour or two, or at least to avoid forcing the patient to drink largely of teas soon after the emetic has been taken.

A SHORT OR PARTIAL COURSE OF MEDICINE.

In very many instances a full course of medicine is not required ; all that is necessary is to restore the natural warmth of the body, and then give an emetic, dispensing with the second bath.

Emetics without Steaming.—In sudden and violent attacks of disease, as in croup, fits, colic, sick headache, cholera morbus, and, in fine, all sudden attacks of disease, an emetic may be given without the previous administration of the vapor bath.

Hot bricks, wrapped in damp cloths, and placed around a patient, may take, in many cases, the place of the vapor bath. Thus, in cases of low fevers, as they are termed, it often becomes necessary to vomit a person when he is too weak to sit up. In rheumatism, when the patient cannot be moved without occasioning severe pain, it may be better, especially in cold weather, to give emetics without moving the patient from the bed. If the weather be warm, however, it will, in the majority of instances, be better to have the patient regularly steamed and showered.

PREPARING A PATIENT FOR A COURSE OF MEDICINE.

In sudden attacks, and in all cases of acute disease, a course of medicine may be given, as before stated, without any preparatory medicine ; whereas, in chronic complaints, as in consumption, deep seated dyspepsia, and in cases where the system is in a cold and torpid condition, a course of medicine will prove more effectual by the patient taking composition several times a day, and three or four compound lobelia pills at night, and continue the use of these medicines several days before the course is administered.

Repeating the Course of Medicine.—In the first stages of disease, and more especially if the attack be violent, the course of medicine, or at least a partial course, may be repeated daily until the symptoms abate. In small pox, measles, and scarlet fever, the disease will run its course, and all that we can anticipate from the operation of medicine in these cases is to relieve the symptoms, and aid the constitution to work off the disease in the way which nature, or the God of nature has established. In chronic complaints, as in long standing dyspepsia, consumption, chronic gout, and rheumatism, and whenever there is absence of fever, a course of medicine will seldom become necessary oftener than once in two or three weeks. In fine, there are many cases of seated disease in which more reliance is to be placed upon the fresh air, a change of residence, travelling, sea-bathing, and a strict attention to diet and regimen, than upon medicine.

REMARKS CONCERNING VARIOUS SYMPTOMS THAT ATTEND THE OPERATION OF A COURSE OF MEDICINE.

I have heard persons say that they never felt better than when going through a course of medicine, excepting the few minutes when the sickness and vomiting came on; and then again under a different condition of the system, patients will experience great pain and distress. The tendency of a course of medicine is to arouse sensibility, and to assist the efforts of nature to overcome obstructions, cast off morbid matter from the stomach, and to restore a natural action throughout the system; and hence, the more the system is diseased, the more distressed the patient will be when he is made to feel his real condition.

At one time a patient may vomit by merely taking a dose of composition tea, whilst at another; when the stomach is in a different condition, half a dozen doses of composition will not occasion the slightest sickness. Thus, a patient with a very foul stomach, will become very sick from taking a dose of composition, or of bayberry, and pepper, during the first steaming, in a course of medicine; but after the operation of an emetic and the stomach becomes settled, a pint of composition tea may be taken without causing vomiting. It often happens, however, that the stomach will not be settled until after the last bath, the patient having his system warmed by steam, and by taking stimulants; after which the stomach will not be disturbed by these medicines, even though they are taken freely.

A vapor bath, when administered previous to an emetic, or when the emetic has not operated effectually, may occasion sickness at the stomach, and cause the patient to feel weak and faint for a time; but it is often observed to increase the strength when the stomach is not foul. I have, on many occasions, observed a patient, on taking a course of medicine, to be much stronger after the last steam, who had felt weak and relaxed from the first, in consequence of the disordered state of the stomach. Patients sometimes become sick during the first part of the steaming, and feel as though they cannot sit up, or bear it any longer, but by throwing cold water in the face, and allowing fresh air to come to the patient, the sickness will pass off in a short time, and when the perspiration becomes free, the patient will experience no difficulty in sitting in the bath the usual time required for the operation.

When the stomach is cold, and contains acid, a dose of pepper, or composition tea, is apt to cause pain in the stomach, more especially during the first steaming in a course of medicine. In such cases, the pain is relieved when the patient belches wind or gas from the stomach. Some No. 6, in hot water, taken as hot as the patient can bear it, will cause the gas to be sent up, and the patient is thus relieved. Essence of peppermint, lavender, or any thing that is good to expel wind from the stomach, may be employed.

The operation of an emetic, which, in certain conditions of the system is attended with scarcely any unpleasant feelings; under other circumstances, for instance, where there is great derangement of the stomach and bowels, will be accompanied by distressing sickness and pain. The relaxation and sickness sometimes produced under the influence of lobelia, is said to be very much like extreme sea-sickness. Probably no case of death has ever been occasioned by sea-sickness alone, although it sometimes lasts several days, or even weeks, the patient continuing to retch and vomit almost incessantly.

The *alarming symptoms*, as they are termed, seldom or never occur to any considerable degree under the operation of a course of medicine, except where the disease is deeply seated, or the person of a peculiar nervous temperament. Much, however, depends upon the form of the emetic. Thus, the lobelia seed, given without much stimulus, will occasion more or less relaxation of the system in almost every instance; still the same form and quantity of medicines will produce great diversity of symptoms in different conditions of the stomach; and in per-

sons of different temperament. I have observed half a teaspoonful of brown emetic (lobelia seed) to bring on what are called alarming symptoms in patients who, during a preceding course of medicine, had taken five teaspoonsful without producing such symptoms. The following case will serve as an illustration of what I have asserted: An elderly man by the name of Smedley, who had seated consumption, had several thorough courses of medicine administered to him without occasioning other symptoms than those which usually attend the operation, until the ninth course, when the first dose of emetic, which was a small one, brought on the alarming symptoms, so called, that continued more than fourteen hours, when he vomited freely, and soon after fell asleep; and when he awoke he had scarcely any recollection of the strange condition which he had been in during the continuance of the alarming symptoms. This operation appeared to benefit him more than all the previous treatment.

In many instances, patients will experience pain in the stomach or bowels soon after taking the emetic, but which generally continues but a short time, yet sometimes for several hours. In other cases, and more especially when disease is deeply rooted in the system, the patient, while under the influence of a course of medicine, will exhibit symptoms well calculated to alarm those who have not witnessed them before, or who do not know that there is no danger to be apprehended. Some will complain of distress in the bowels, throw themselves about the bed, utter broken sentences, speak in a hurried and unconnected manner, sob and breathe very irregularly, get out of bed, make frequent efforts at stool, and be constantly changing their position. Sometimes the system will

become relaxed, and still the pulse have nearly its natural strength; the countenance will be pale, the skin cool, the breathing irregular, and the patient thirsty. During the continuance of these symptoms, there is great commotion in the stomach and bowels, as though the vital forces were concentrated there to root out disease; the nervous influence being concentrated in the great sympathetic system of nerves which preside over the functions of the internal organs, a new action is established, and, although the patient may suffer much, we often observe that these operations are attended with most signal benefit. When a patient is very much relaxed under the influence of the emetic, his face, breast, and hands should be bathed with vinegar, or whiskey, and take occasionally some stimulants, as either pepper tea, or composition tea, No. 6, in warm water, or milk porridge, well seasoned with pepper. If the patient crave cold water, it may be allowed to be taken in small quantities; still pennyroyal, or other simple herb tea, is more suitable.

In a great number of instances, where patients under my treatment have had the *alarming symptoms* during the operation of a course of medicine, very little perceivable effect was produced by anything that was done. The medicine previously given having taken effect, it seemed to require a certain time for its full operation upon the system, varying in duration, however, according to the circumstances of the case. In some instances, the alarming symptoms will pass off in the course of an hour from the time of their commencement, whilst in others they may continue six or eight hours, or even longer. I once had a patient who continued with the alarming symptoms thirty-six hours, after which she slept

several hours, and the next day was better than she had been for several preceding months, and declared that she would not object to going through a similar operation. In the following week, another course was administered to this patient; distressing symptoms came on, such as occurred during the preceding operation, and continued over twenty-four hours. With a view to shorten the duration of the course, I, at the suggestion of Dr. John Smith, commenced giving the patient the third preparation of lobelia, in tablespoonful doses, repeating the dose every twenty minutes, until twelve tablespoonsful were given, and, although this evidently assisted the operation, still the alarming symptoms continued about thirty hours. This was one which scarcely promised even a hope of recovery, yet, after undergoing three such operations, the health of this patient greatly improved, to the astonishment of all who knew her case.

The following symptoms will often be observed during the operation of a thorough and efficient course of medicine, in cases where the disease is deeply seated, and especially when it is about giving way, to wit: soon after the emetic is taken, the patient complains of pain or distress at the stomach, which soon extends to the bowels; he is continually changing his position; rubs his stomach and bowels, complains very much of distressing feelings; the breathing becomes irregular, respiration being sudden, somewhat like the sobbing of a child. The distressing feelings subside, but the patient remains relaxed; the skin colder than natural, and contracted; the mucous membrane of the nose is dry, inducing the patient to pick or rub his nose frequently; the tongue and mouth are dry, attended with more

or less thirst. The patient makes efforts to get out of bed ; frequently feels like having a motion from his bowels ; talks in an unconnected manner, and sometimes lies completely relaxed, apparently too weak to raise his hands, and the countenance is pale and contracted. After the lapse of a few, but usually in the course of four hours, and frequently much longer, the patient vomits freely, after which he goes to sleep ; his skin becomes moist ; he sleeps sweetly, and when he awakes, feels much better than he did previously to the operation.

Thomsonians are frequently applied to in desperate cases, where it is impossible to determine whether the disease is curable or not ; and, notwithstanding the grave charges so frequently made against the Thomsonian practice when it fails of removing the disease, still a trial should be made, so long as the circumstances of the case furnish grounds for a reasonable hope of success. Courses of medicine are sometimes administered with the view of only affording relief to the patient, the disease being evidently incurable ; and yet it would seem that a portion of the community, and some who ought to know better, attribute every death that occurs, where Thomsonian treatment is employed, to want of *skill* in those who have charge of the case.

Among the great mass of desperate cases that come under Thomsonian treatment, deaths will, in the very nature of things, occasionally happen unexpectedly, and under unfavorable circumstances. In the early period of my practice I was called to attend the wife of Samuel Wheeler, of Wilmington, Del., and found Mrs. W., as I then thought, in a condition to be benefitted by a course of medicine, and had

determined on having one administered. A dose of composition was prepared, but before it was sufficiently cool to be taken, she expired. Had I arrived two hours earlier than I did, doubtless Mrs. W. would have died whilst under the operation of a course of medicine ; and, although the medicine might have prolonged the life of the patient a short period, still she would not have survived many hours longer than she did, as mortification had already taken place. Courses of medicine doubtless have been, and will again be, administered to patients on the very verge of dissolution, creating not only an unfavorable impression in the neighborhood where it happens, but a highly colored and distorted account of the case is carried to various parts of the country. The general good success, however, attending the Thomsonian practice, affords sufficient evidence to establish the belief that it is based on correct principles ; and that this system furnishes the means which the constitution requires to overcome disease ; for, although it does, and must necessarily fail sometimes of effecting cures, yet what evidence have we that it will not prove successful, when properly applied, in all cases that are curable by means of medicine.

Most patients experience an unusual degree of weakness and general distressed feelings about the time a disease is being removed ; the patient feeling discouraged, under the impression that the course of medicine, or other treatment, is too hard for his constitution. In many cases of deeply seated disease that I have treated, and a cure has been effected, the patients were discouraged about the time the disease was giving way, the system being relaxed, attended with loss of appetite, disgust for medicine, and frequent pain and distress in the bowels.

STEAM OR VAPOR BATH.

Dr. Comfort, in his *Thomsonian Practice*, says, "Although the use of the vapor bath as a means of curing disease, was employed many centuries back, still the principle on which it operates in removing disease was not fully explained, nor its utility in aiding the operation of medicine appreciated before the time of Samuel Thomson.

"The vapor bath constitutes an important part of the Thomsonian system of practice, fulfilling several important indications in the cure of disease. It diffuses warmth through the system, equalizes the circulation, imparts electricity to the blood, and increases the sensibilities of the system to the impression of medicine.

" 'I had but little knowledge of medicine,' says Samuel Thomson 'when through necessity I observed the use of steaming, to add heat or life to the decaying spark; and with it I was enabled, by administering such vegetable medicines as I then had a knowledge of, to effect a cure in cases of disease where the regular practitioners had given over.

" 'In all cases where the heat of the body is so far exhausted as not to be rekindled by using the medicine, and being shielded from the surrounding air by a blanket, or being kept in bed, and chills or stupor attend the patient, then applied heat by steaming becomes indispensably necessary; and heat caused by steam in the manner that I use it, is more natural in producing perspiration, than any dry heat that can be applied to the body in any other manner; for a dry heat will only serve to dry the air, and *prevent* perspiration in many cases of disease, when a steam by water or vinegar would promote perspira-

tion, and add a natural warmth to the body, and thereby increase the power of life and motion, and aid in removing disease.'

"We often hear persons say that when they are bled the blood was almost black, and so extremely thick that it would scarcely run, and they conceive their blood was bad and had better be taken away. The blood becomes thick and dark in consequence of its slow and torpid circulation for want of heat. Place a patient in the condition just mentioned, in a vapor bath at a proper temperature, and in less than twenty minutes the character of this blood will be changed; so that, instead of its being almost as thick and dark as molasses, as it was before the steaming, it will be of a natural color and consistency, in consequence of the warmth and electricity imparted to it from the steam, which also restores the natural current of its circulation through the lungs.

"There is scarcely a form of disease, or a condition of the system in which the vapor bath may not be employed, not only with safety but benefit. One of the most important objects gained by the application of the vapor bath, is adding warmth and electricity to the blood. It has been ascertained that in diseases even of the most inflammatory character, the blood contains less electricity than it does when in a healthy condition, and by applying the vapor bath in the early stage of pleurisy, or rheumatism, the disease will in many instances be removed by it. Disease of an inflammatory character generally proceeds from cold, and the buffy coating which appears on blood drawn from one laboring under an inflammatory disease, may be attributed to the want of a sufficient amount of heat and electricity in the blood.

Dr. Marshall Hall, in his *Practice of Medicine*, p. 340, observes: 'Some practitioners continue to let blood in most cases of acute rheumatism, thinking themselves justified in their mode of practice by the sizy appearance of the blood. The same principle, (says he) might lead them to empty the whole sanguiferous system, for every time blood-letting is repeated, the blood becomes more and more dense and sizy.' "

MEDICAL AGENTS USED IN THE THOMSONIAN PRACTICE—THEIR GENERAL USES, MODE OF PREPARING, &c.

LOBELIA INFLATA.

Thomson's No. 1.

PRACTICAL INFORMATION IN RELATION TO THE USE OF LOBELIA INFLATA IN ITS VARIOUS PREPARATIONS.

The medical virtues of lobelia inflata are such as are not to be found, probably, in any other article of the vegetable kingdom. It exerts a powerful influence in relaxing the muscular system, and capillary vessels; and although it often occasions a train of symptoms, that to those unacquainted with its effects appear to be of an alarming character, yet it is under those circumstances when it occasions what are termed the alarming symptoms, that the greatest benefit is found to result from its use. We commenced the free use of lobelia as a general remedy twenty years ago, regarding it as a powerful curative and safe agent, upon the authority of the discoverer

of its rare and peculiar properties, Samuel Thomson, and others who had tested its virtues ; and we have, from no small amount of observation, become fully convinced that it is the most beneficial and powerful remedial agent that has ever been discovered, and that it is perfectly safe. There are circumstances and conditions under which we should not think it proper to administer emetic doses of lobelia ; for instance, in the last stages of incurable disease ; and yet we have known a lobelia emetic to afford relief in incurable cases of consumption, dropsy, and even in the latter stage of organic disease of the heart, when all other means failed. We have yet to witness the first case where it has done the least injury.

In relation to the *modus operandi* of this extraordinary plant upon the human system, no definite and satisfactory explanation has been given to the world. The majority of the Allopathic physicians, and those who look to them for information, declare it to be poisonous, and that it is possessed of narcotic properties—than which there can be nothing farther from the truth. The most rational explanation that has been given (in our estimation) is that which accords to *lobeline* (the active principle of the plant) the properties of acting as a powerful stimulant to the relaxing nervous power generated by the mucous membranes, and negative to the contracting or positive nerve force generated by the serous surfaces. The *relaxation* effected by lobelia, is very different from the *prostration* produced by direct depletion, or by the use of antimony and other poisonous agents.

Lobelia evidently exerts a peculiar stimulating influence upon the great sympathetic nervous system ; attracting to that system the forces of life, awakening

a new action in the capillary circulation of the internal organs and viscera—the primary seat of almost every kind of disease; and under its influence obstructions are overcome that have in many instances been of long continuance.

The uses to which lobelia may be employed, with great advantage in almost every form of disease, are many and diversified. Lobelia forms the most efficient of all emetics; the very best of expectorants; a powerful relaxant, without diminishing vitality; an active diaphoretic, and a “promoter of the secretions.”

The preparations of lobelia that are most used, are the pulverized leaves and pods; ground seed; tincture; third preparation; compound lobelia pills; syrup, and extract.

GREEN LOBELIA.

This should be gathered before the pods have turned yellow; and after being dried, should be closely packed from the air until ground. The green lobelia powder should be ground fine, and then the fibres of the stems or stalks sifted out, to make it less objectionable to the patient, as it should be taken in substance when employed as an emetic.

The green lobelia powder in combination with composition tea constitutes an emetic suitable for children, and also as an emetic for adults. It is not as efficient as the seed of lobelia, seldom producing that degree of relaxation of the system which may be induced by half the quantity of the lobelia seed.

The following compound makes an efficient emetic for ordinary cases of disease:

One	teaspoonful	of	green lobelia powder,
Two	do	third	preparation of lobelia,
One	do	sugar.	

Rub these together, and then add a teacup half or two-thirds full of bayberry or composition tea. The above is a dose for an adult ; but this should be repeated in the course of half an hour after the first has been taken.

Externally applied in the form of a poultice, combined with an equal quantity of ground slippery elm, the green lobelia constitutes the very best form of poultice that we have ever used, for the earlier stage of biles, and all kinds of swellings accompanied with active inflammation.

PULVERIZED LOBELIA SEED.

This, which forms the *brown lobelia powder*, is the most active part of the plant ; and it is by far the most efficient preparation of lobelia for inducing relaxation of the muscular system, and for removing deeply seated obstructions in the capillary vessels.

The kinds of cases in which the brown lobelia is especially called for, are those of croup, violent cases of fever, severe attacks of pleurisy, epilepsy, quinsy, inflammatory rheumatism, acute inflammation of the kidneys, stranguary, infantile convulsions, St. Vitus' dance, strangulated hernia, and in all cases of severe attacks of disease, attended with active fever.

The greatest amount of benefit that we have observed to result from the operation of lobelia has been in those cases where the patient has been the most fully relaxed with the brown lobelia, and the alarming symptoms (so called) induced. In some cases it will require a large amount of even the brown

lobelia to induce any perceptible degree of relaxation. We have administered over an ounce of the pulverized seed in cases of convulsions proceeding from obstructed menstruation, without inducing relaxation.

MODE OF PREPARING BROWN LOBELIA FOR INFANTS AND CHILDREN, IN THE EARLY STAGE OF CROUP, CONVULSIONS, VIOLENT FEVER, AND IN ANY CASE WHERE IT IS DESIRABLE TO EFFECT NAUSEA AND RELAXATION.

To a teaspoonful of brown lobelia, add a teaspoonful of vinegar ; then pour on a teacup half full of boiling water, and add a teaspoonful of sugar.

This tea to be given in doses varying from ten drops to a teaspoonful, as the case may require, and repeated at frequent intervals until the symptoms are relieved, either by vomiting or relaxation.

The same preparation of brown lobelia may be used for adults with great benefit in cases of quinsy, pleurisy, hard dry cough, asthma, mumps, and in any case where it is important to excite the secretions and to relax the capillary vessels, with a view to relieve local congestion and effect an equilibrium in the circulation.

When it is desirable to render the brown lobelia tea more stimulating, an equal quantity of tincture of lobelia, or (what is still better) that preparation called "Composing Cordial," may be added ; and in cases of convulsions, and other violent symptoms, that do not yield to the influence of the before mentioned preparation, lobelia may be required to be added, in the proportion of one part of the third preparation to six parts of the tea, and given freely, if demanded.

Emetics of brown lobelia may be prepared in various ways, as the character of the symptoms may seem to require. For instance, in the early stage of disease attended with high fever, and where active stimulants are not so much called for, the emetic may be prepared in the following manner:

Take a teaspoonful of pulverized seed, half a teaspoonful of nerve powder, and add a teacup half or two-thirds full of warm composition, or bayberry tea, and sweeten. Stir it well, and take before it settles.

Emetics operate more easily and thoroughly after a vapor bath, and in general the bath should precede the emetic; still, emetics will effect great good without the bath.

A very good cough powder may be made by mixing one part of brown lobelia, six parts of elm powder, and six parts of composition powder.

These to be well incorporated together, and taken in doses sufficient to excite a slight degree of nausea. Half a teaspoonful will, in most instances, be sufficient to produce this result. To be mixed in lukewarm water, stirred well, and taken before it settles. This preparation is more especially suited to coughs proceeding from ordinary colds.

To preserve brown lobelia.—Both the green and brown lobelia will lose all their virtues by long keeping, if means are not taken to preserve them. Mixing with about half the quantity of dry pulverized sugar, will preserve its virtues unimpaired. We often find lobelia powder entirely deprived of its medical properties, and consequently useless.

The quantity of brown lobelia required to effect full relaxation of the system varies in different cases, and under different circumstances. We have observed adult patients completely relaxed, and all the

symptoms induced that are called the alarming symptoms, and this state of the system continued from eight to ten hours, by taking half a teaspoonful of the brown lobelia; while in other cases and at another time in the same case, four times this quantity will occasion but a slight degree of relaxation. Then, again, we have given to a patient affected with convulsions, an ounce of the brown lobelia, in teaspoonful doses, in the course of a few hours, without apparently affecting the system to any very perceptible degree; and in cases of convulsions in children we have given sufficient brown lobelia to effectually vomit ten grown persons under ordinary circumstances.

A little girl affected with St. Vitus' dance took a teaspoonful of brown lobelia at a time, and continued to take it in this quantity every two hours, daily, for over two weeks, before any very sensible effect was produced, either upon the stomach, or upon the muscular system. Finally, however, after a steam bath, the lobelia produced its full effect: the child tossed and tumbled about in great distress, and became completely relaxed, continuing to retch and vomit at frequent intervals for some hours. The disease gave way at once after this operation, and the patient rapidly recovered her health and strength. We could enumerate many cases of obstinate or seated disease which were overcome under the operation of a course of medicine, that induced what are called the alarming symptoms, and a state of extreme relaxation of the system.

Lobelia appears to exert a peculiar and remarkably beneficial influence upon the great sympathetic system of nerves—that system of nerves which control the important function of assimilation and nutri-

tion. Through the powerful agency of lobelia, the vital forces of the system appear to be attracted to and concentrated in the great sympathetic nerve centres, awakening a new action, and unlocking obstructed capillaries ; and though sometimes very distressing to the patient, it has proved the means of effecting a cure in thousands of cases of deeply seated disease of every variety, that could not probably have been reached by any other means.

EFFICACY OF BROWN LOBELIA IN INDUCING RELAXATION IN CASES OF DISLOCATIONS, DIFFICULT PARTURITION, ASTHMA, &c.

The Allopathic physicians bleed, and administer tartarized antimony for inducing relaxation of the muscles, in cases of dislocation, and in other cases where relaxation is called for. These agents effect relaxation by prostrating the vital powers, whereas the brown lobelia will effect a more complete and perfect relaxation without depriving the patient of any portion of his vitality. Some Allopathic physicians have resorted to the use of lobelia to prepare the system for replacing dislocated joints, and have reported very favorably—placing it far above any other remedy they have employed.

In cases of difficult labor, where the muscular tissues remain firm and unyielding, the brown lobelia will be found a most valuable helper in such a time of need. Not only does this great friend to nature lessen the resistance by relaxing the soft parts, but it increases the expelling powers—the uterine contractions—promotes perspiration, and tends to maintain an equilibrium in the circulation, which are objects of much importance, and may be accom-

plished by a simple remedy that is free from deleterious properties. The vomiting, if induced by the lobelia at such times, is beneficial to the patient; although the retching is sometimes very distressing, but not so hard to bear as the inefficient, harassing pains of a protracted labor.

Asthma is, in some instances, relieved only by placing the patient under the influence of the brown lobelia; after warming the blood by a vapor bath.

THE THIRD PREPARATION OF LOBELIA.

This preparation may be very appropriately called the Sampson of medicines. Combined with efficient emetic properties, there are those of an actively diffusive stimulant that will arouse to action, and give a new impulse to the sunken vital forces, with greater certainty than any other medicinal agent or compound that we have ever employed.

In cases of suspended animation from drowning, breathing carbonic acid gas, fainting, sun stroke, &c., nothing can be given internally with as much certainty of success as the above medicine.

During the prevalence of the cholera in Philadelphia, in 1832 and 1849, the use of the third preparation of lobelia, together with the administration of the vapor bath, as described in the treatment of cholera in *Comfort's Thomsonian Practice*, proved more effectually, by far, in arresting the disease, than any other plan of treatment; no case of death occurred where this treatment was timely pursued.

Although the most efficient remedy, probably, ever introduced into use, it (the third preparation of lobelia) is not to be exclusively relied upon as a remedy;

for many cases of disease require the administration of the steam bath, or hot air bath, to warm the blood before this or any other form of medicine can have the desired effect. It is highly important that the third preparation be made of the best of materials, and to be kept in vials or other vessels well corked. And, again, some dealers in medicine, and even Thomsonian practitioners, by filling up their bottle of third preparation, as it becomes low, with No. 6 alone, or simple tincture of lobelia, renders the medicine inefficient or almost useless in severe attacks of disease.

As an emetic, the third preparation (either with or without the addition of bayberry tea) is well suited to a great variety of cases, and especially in colic, cholera morbus, cholera, apoplexy, palsy, hysteria, in all its phases; tetanus or locked jaw, cholera infantum, gout, chronic rheumatism, suspended animation—from drowning, or from inhaling poisonous gases, or from a stroke of lightning; hydrophobia; violent shocks of the system from severe injuries; severe cases of burns or scalds, followed by extreme faintness and prostration.

The third preparation is, of all other agents, the best adapted for aiding the feeble efforts of nature in cases of small pox, measles, scarlet fever, &c., where the eruption is slow to appear, or where there is a tendency to a retrocession of the eruption after it has appeared—striking in as it is commonly termed. In all such cases the energies of the stomach are in a sunken and distressed condition, requiring an active diffusible stimulant and emetic to stimulate its dormant energies, and relieve the stomach of its foul contents.

In protracted cases of croup and fits, the third preparation is probably the best remedy that can be given.

In cases of general debility, and a relaxed state of the system, and where it is desired to avoid producing any great degree of relaxation, the third preparation will be the best form of emetic, and should be given in a very strong tea of bayberry.

In all low forms of fever, where an emetic is called for, the third preparation should be employed, as the stimulant it contains gives the stomach power to contract and throw off its foul contents.

Quantity to be used.—The quantity of the third preparation required to be given will vary in different cases, and under different conditions of the system. Whilst in some cases a teaspoonful will be sufficient for a dose, in others it will require a tablespoonful; and even this dose it may be requisite to repeat several times. We have administered on several occasions over three ounces of third preparation to one patient, in the course of an hour. We generally combine either the green or brown lobelia powder with the third preparation, except in cases where it is given with a view to stimulate, rather than effect vomiting. In preparing a dose for a child affected with croup, or fits, half a teaspoonful of the third preparation, combined with half a teaspoonful of green or brown lobelia powder, will be sufficient for one dose; but it may be requisite to repeat it often. It is not, however, necessary to resort to the use of the third preparation in cases of sickness in children, except where the vital energies are in a depressed condition, as they are in protracted cases of croup, and convulsions. In the early stage of these forms

of disease, whilst the body retains its heat generating powers, the brown lobelia tea, made as heretofore described, will relieve the difficulty.

In broken doses, the third preparation will be found especially beneficial in almost every variety of disease. From half a teaspoonful to a teaspoonful may be taken at a time, without occasioning more than a very slight nausea. We have made use of it in this way for several years past in a great variety of disease, and have found it to prove highly beneficial. It is a diffusive stimulant that harmonizes with the constitution, and can be used with safety in any case. It may also be administered in broken doses to infants and children with marked benefit, as a diffusive stimulant, and to counteract any putrefactive tendency in such cases as obstinate dysentery or bowel complaints, low forms of scarlet fever, or measles, &c. The dose to be regulated accordingly, as the character of the case may require, varying from five to ten drops.

A substantial Thomsonian friend of ours once informed us that he had made it a practice to give the third preparation in teaspoonful doses as a remedy for toothache, and he asserted that it seldom failed to relieve or cure the pain. The application of the same to the tooth would be proper at the same time.

As a cough medicine, the third preparation, combined with good molasses, is highly prized by some who have made use of it.

The quality of this article (the third preparation) is a matter of moment in violent attacks of disease. We have often seen preparations made of tincture of capsicum and lobelia, called "Antispasmodic Tincture," purporting to be the same as Thomson's third preparation; and then, again, we often find the me-

dicine very inferior in quality, by being too long kept uncorked in a hot room, or by being made of No. 6 poured on the *dregs* of third preparation.

As an external application, the third preparation is highly beneficial in many cases, especially in erysipelas.

COMPOUND LOBELIA PILLS.

Composed of the pulverized seed of lobelia, capicum, and gum Arabic, are extensively used by those who employ Thomsonian remedies. They furnish a general remedy, suited to every variety of disease, either acute or chronic.

Those who take pills readily, will find in the compound lobelia pills a substitute for all other remedies, whether it is desired to exert either a mild or powerful influence upon the system.

Taken in quantities to produce a slight degree of nausea, the lobelia pills are well suited as a general agent to correct constitutional derangement—in cases of dyspepsia; constipation of the bowels; dropsy; all forms of fever; skin diseases; chronic bronchitis; rheumatism; lumbago; complaints of the kidneys; jaundice; paralysis, or palsy; chlorosis; hysteria, and neuralgia. Children who will take pills, may be effectually treated with the lobelia pills in nearly all cases of sickness. I know of no kind of case of disease, either in young or old, where the use of the lobelia pills would be likely to do injury.

Many invalids have experienced great benefit from the continued use of these pills, taking from one to two or three at a time, as often as three or four times a day.

From three to five of the pills taken every night at bed time, will subject the patient to very little in-

convenience, and prove highly beneficial. There are those, however, who are peculiarly susceptible to the impression of lobelia, who might find some inconvenience from the nausea, even from a couple of the lobelia pills; but I have often noticed this fact, that when lobelia occasions the most sickness and distress, its effects are more beneficial.

A lady residing in the country, affected with a tumor in the abdomen, and with frequent attacks of retention of urine, for even six or eight days duration, and who suffered otherwise to a great degree, took ninety-six boxes of the compound pills in the course of a year, each box containing about one hundred pills. She found more relief from them than from any other medicine she had taken, and persevered in their use until her health was very greatly improved; and still continues so.

A combination of agents that will promote the secretions, remove obstructions in the capillary vessels, and at the same time tend to sustain the nervous energy internally, is well adapted to aid nature in any form of disease where medicine can be of any use; and the compound lobelia pills will produce these results.

To effect vomiting, will require from half a dozen to twenty pills. I seldom depend on them as an emetic, yet I have witnessed as thorough and easy operations from them as from any other form of emetic.

Lobelia will lose its virtue by long keeping, and therefore the fresher the lobelia pills are, the more certainty there will be of their properties being unimpaired.

TINCTURE OF LOBELIA

Is a convenient form of lobelia for administering to infants and children. Many Thomsonian families rely chiefly upon a tincture of lobelia, as a quieting medicine, and to relieve colic in infants and children. It may be employed as an emetic, especially for infants and children, but for adults other preparations of lobelia are better.

The tincture of lobelia will relieve infants of distress more effectually than any of the anodyne preparations; and it has another high recommendation, that of being free from any injurious properties.

Ordinary croup may be cured by a free use of tincture of lobelia.

Taken in nauseating doses, the tincture of lobelia will relieve cough, asthma, and irregular palpitation of the heart. It may be used also with much benefit in fevers of every variety. I have used tincture of lobelia for years past, as a general medicine in scarlet fever, varioloid, small pox, and measles.

Externally applied, the tincture of lobelia is beneficial in eruptions, poisons from poison vines; hives, shingles; and applied to the scalp, it will relieve itching of the head, and is good for preventing the formation of dandruff.

Dose.—For an infant, from five to fifteen drops, when the object is merely to quiet restlessness, relieve cough, &c.; but to effect vomiting, half a teaspoonful may be given at a dose, and this repeated until this result is obtained. To produce vomiting in children over three years of age, will require teaspoonful doses; and for adults a tablespoonful. Other preparations of lobelia should be preferred as an emetic.

DR. COMFORT'S COMPOSING CORDIAL.

This is an aromatic preparation of lobelia offered to the public, but more especially to mothers, as a substitute for laudanum, paregoric, Godfrey's cordial, and the various carminatives, and all other preparations containing the poisonous drug opium.

The practice of stupefying the brain of infants with opium, has a pernicious influence upon the *mental* as well as the *physical* organization. Opium relieves pain by deadening sensibility, not by aiding nature to remove the cause; and what practice would be more likely to lead to intemperance than that of frequently narcotizing the infant brain with opium?

The composing cordial is free from any deleterious qualities, and it may be used with entire safety in any case. It is especially adapted to the complaints of infants and children, and also for adults as an expectorant or cough medicine, and as a substitute for anodynes and opiates.

Being pleasant to the taste, it can be administered with ease; and it is one of the best and safest medicines ever introduced into use, for quieting restlessness, inducing natural sleep, and relieving pain and distress in infants and children.

The cordial is neatly put up in four ounce vials, with printed wrappers, containing full directions for use.

PREPARED LOBELIA EMETIC.

This preparation contains the active principles of all the articles required to constitute the most efficient form of emetic. It furnishes an emetic when called for, as in cases of cholera, cholera morbus,

fits, violent colic, croup, &c. Those unacquainted with the manner of preparing a Thomsonian emetic, may, by having this preparation at hand, be supplied with an emetic suited to all cases, and free from any deleterious properties.

Directions for using will be found on the labels.

PREPARED LOBELIA EMETIC FOR INFANTS AND CHILDREN.

This is a form of emetic very easy of administration, and mild, but effectual, and always safe. Directions on the label.

COMPOUND VALERIAN CARMINATIVE.

This is a safe and efficient medicine for most of the complaints attending children; such as colic, bowel complaints, cough, restlessness, &c.; also during teething. It is very good to quiet the nerves and promote sleep, and may be used by adults as well as children, as a substitute for the anodynes in common use. It does not contain any poison, and will not injure the constitution.

Directions.—For infants, from five to twenty drops; when they are some months old, from twenty-five drops to a teaspoonful; and for children, from half to a teaspoonful may be given.

**VEGETABLE STIMULANTS WHICH RAISE AND
SUSTAIN VITAL ACTION, AND ASSIST THE
EFFORTS OF NATURE TO REMOVE DISEASE.**

CAPSICUM.

Common Name—Cayenne Pepper.

“Numerous species of capsicum, inhabiting the East Indies and tropical America, are enumerated by botanists, the fruit of which, differing simply in the degree of pungency, may be indiscriminately employed. The capsicum *baccatum*, or bird pepper, and the capsicum *frutescens*, are said to yield most of the cayenne pepper brought from the West Indies and South America ; and Ainslie informs us that the latter is chiefly used in the East Indies. The species most extensively cultivated in Europe and this country, is that recognized as officinal by the pharmacopœiæ, namely, the *capsicum annum*. The first two are shrubby plants; the last is annual and herbaceous.”—*U. S. Dispensatory*.

Capsicum is a pure and permanent stimulant ; its direct effect upon the system, when taken, is to raise and support vital action ; it restores a natural warmth to the system, increases the power of generating nervous influence, by which the secretions are increased, a determination to the surface effected, and the circulation of the blood equalized. Cayenne pepper, therefore, is an important agent in the treatment of disease ; always assisting nature and operating against disease, whether the case be attended by chilliness or fever. It is congenial to the living principle in man, as certainly as that the sun is congenial to the life of the vegetable kingdom.

The greater part of the cayenne pepper sold by grocers and apothecaries, contains very little strength, and therefore should not be used as medicine.

The American pepper, though inferior in strength to the imported, will answer in ordinary cases of disease, provided it be properly dried and prepared. The African pepper, however, is always to be preferred, when it can be obtained pure.

Large quantities of damaged capsicum are landed in our seaport towns, so that the greatest degree of circumspection is necessary in purchasing the article. Those who deal largely in Thomsonian medicines should either purchase the article in the pod, so that they may know its qualities, and have it ground under their own inspection, or purchase it of those who are judges of the article, and have it ground in mills where no poisonous drugs are allowed to enter.

"I shall not," says Dr. Thomson, "undertake to dispute but that *cayenne* had been used for medical purposes long before I had any knowledge of it; but it is equally true that the medical faculty never considered it of much value, and the people had no knowledge of it as a medicine, till I introduced it, by making use of it in my practice. That this is one of the safest and best articles ever discovered for the removal of disease, I know to be a fact from long experience. Mention is made of cayenne, in the *Edinburgh Dispensatory*, as chiefly employed for culinary purposes, but that of late it has been employed in the practice of medicine. The author says, 'There can be little doubt that it furnishes one of the purest and strongest stimulants which can be introduced into the stomach; while at the same time it has nothing of the narcotic effects of ardent spirits. It is said to have been used with success in curing

some cases of disease that had resisted all other remedies.' All this," continues Thomson, "I am satisfied is true; for if given as a medicine, it will always be found useful; but all the knowledge they had of it seems to have been derived from a few experiments that had been made, without fixing upon any particular manner of preparing or administering it. * * * * * When I first begun to use this article, it caused much talk among the people of Portsmouth, and the adjoining towns; the doctors tried to frighten them, by telling them that I made use of cayenne pepper as a medicine, and that it would burn up the stomach and lungs as bad as vitriol. The people generally, however, became convinced, by using it, that all that the doctors said about it was false; and thus proved their ignorance of its medical virtues, and that in making these assertions, they were influenced by a feeling of malice toward *me*. It soon came into general use, and the knowledge of its being useful in curing disease was spread all through the country. I have made use of cayenne in all kinds of disease, and have given it to patients of all ages, and under every circumstance, that has come under my practice; and can assure the public that it is perfectly harmless, never having known it to produce any bad effects whatever. It is, doubtless, the most powerful stimulant known; it is congenial with nature, having a direct tendency to raise and maintain the natural heat of the system, upon which life and health so materially depend. It is extremely pungent, and when taken, sets the mouth, as it were, on fire; this lasts, however, but a few minutes, and I consider it essentially a benefit, in many cases, as it causes a free flow of saliva from the glands of the mouth and throat."

To one not fully acquainted with the effects of cayenne pepper upon the system, it may appear a strange practice to give the article in cases of fever. Singular as it may seem, it is nevertheless true, that, excepting lobelia, there is no other article of equal value with cayenne pepper in the cure of fevers in general. As to the declarations of physicians, that the use of cayenne internally will aggravate fever, or that it will increase inflammation in the stomach and bowels, given even in large quantities, this is contradicted by the experience and observation of thousands of persons, possessed of as much common sense, and as capable of appreciating the effects of medicine as the medical profession.

Experience has proved that cayenne pepper is one of the best remedies known for inflammation of the throat; and where is the proof that it has not the same curative effect in inflammation of the stomach and bowels? Cayenne relieves inflammation of the stomach and bowels by exciting the secretions.

In ordinary cases of colds, catarrh, mild cases of fever, recent attacks of dyspepsia, or almost any kind of ailment, not too deeply seated, the free use of cayenne pepper tea, together with particular attention to diet, and avoiding exposure, will place the system in a condition that will effect a speedy restoration to health.

The efficacy of a free use of cayenne pepper in promoting digestion, no one will pretend to deny. Its use will be found beneficial even in those cases of indigestion or dyspepsia attended with extreme tenderness at the pit of the stomach. The best time to take cayenne, in cases of dyspepsia, is with food, or shortly after meals.

In dysentery, where most medical men, influenced by the doctrines of the schools, consider the use of active stimulants improper, yet, even in the most inflammatory form of disease, cayenne pepper may be used not only with safety, but with especial benefit. The use of cayenne pepper is particularly indicated in cases of dropsy, jaundice, long-standing cases of tetter, costiveness, flatulency, rheumatism, and gout. In fine, it may be used with perfect safety in all cases of disease.

The utility of cayenne for the cure of scarlet fever and malignant sore throat, is admitted even by the medical profession; and would they but try its efficacy in all other forms of fever, they would find it as beneficial as in scarlet fever, notwithstanding its use is contra-indicated by the popular, though false doctrines propagated in the schools of medicine. I once heard Professor Revere, of Jefferson College, observe, that almost every one knew cayenne pepper to be one of the best remedies for an inflamed throat; "and it is impossible," said he, "for us to explain why it is not equally beneficial in inflammation of the stomach or bowels."

Cayenne pepper, applied to the skin, will produce redness, increase the heat of the part, and aggravate acute inflammation on the surface of the body; but when applied to a secreting surface, as the mucous membrane of the stomach or bowels, it promotes the secretions from these surfaces, and in this way relieves inflammation, and assists in bringing about a favorable termination to disease. Cases of chronic diarrhœa of long standing have been cured by using freely of cayenne pepper.

The usual dose of cayenne is from a half to a teaspoonful. It is usually taken in the form of tea,

made by pouring boiling water upon the powder, and then sweetening. Another way to take pepper, is to mix the powder in lukewarm or cold water. Thus prepared, it is less pungent, and it is equally as efficacious as the tea.

In certain conditions of the stomach, and more especially when it is empty, taking a dose of cayenne will occasion pain for a few minutes. The pain appears to rise in consequence of a sudden development or generation of gas or wind in the stomach—the pain subsiding as soon as the wind is expelled. No harm is to be apprehended, however, from pain occasioned in this way; but, on the contrary, we often find that patients experience a remarkable change for the better, immediately after a severe spell of pain from taking a dose of cayenne pepper. About four years ago, I prescribed medicine to a man who had been dyspeptic, and otherwise in feeble health for twenty years; and on taking the first dose of Thomsonian medicine, which consisted of a teacup half full of strong bayberry tea, and a large teaspoonful of cayenne pepper (instead of half a teaspoonful, as I had directed), he was suddenly seized with violent pain in the stomach, a cold sweat broke out, and for some time he was helpless. After the pain had subsided, he fell asleep, slept several hours, and when he awoke declared that he had not felt so well at any time for many years. The patient continued the use of the medicine, and his health was soon restored.

When patients experience severe pain in the stomach, after taking a dose of pepper, warm applications—a hot brick, or flannel wrung out of hot water—applied to the pit of the stomach, will generally relieve the pain. Taking pepper tea in very small

quantities, frequently repeated, will seldom occasion pain, even on an empty stomach.

Combining other stimulants with cayenne—as ginger or black pepper—will render it less liable to cause pain in the stomach.

As a gargle in recent attacks of sore throat, and in cases of ulceration of the throat in scarlet fever, there is no remedy, in point of efficacy, equal to cayenne pepper. A preparation of vinegar, salt, and cayenne pepper, has been a long time in high repute in some southern countries, as a remedy for malignant sore throat and scarlet fever.

Tonics and other medicines are rendered more active and efficient, by being combined with a portion of cayenne.

Cayenne pepper, applied *externally*, is very useful in many cases, as in rheumatism, dropsy, and in all cases where the use of external stimulants are called for. Poultices of pepper may be employed with advantage in a great variety of cases, as in chronic rheumatism, cold abscess, white swellings, hip disease, indolent ulcers, disease of the spine, and in all cases where it is necessary to stimulate the vessels of a part by the direct application of a stimulant.—*Comfort's Thomsonian Practice*.

COMPOSITION POWDER.

This preparation answers several important purposes in almost every variety of disease; it is a pure stimulant, and likewise astringent and slightly tonic.

By its stimulating properties it induces the natural warmth of the body, and promotes perspiration and the secretions; the astringents act as a detergent by combining with morbid secretions, and cause them

to be detached from the coat of the stomach and bowels.

The composition powder is probably as good a family medicine as can possibly be prepared ; and it may be used in all cases with safety.

Mode of preparing the Composition.—A teaspoonful of the powder to a teacup half or two-thirds full of boiling water, add one or two teaspoonsful of sugar, and drink warm. This is the usual manner of preparing it for patients confined to the house, when it is desired to effect perspiration.

Another way of preparing it is to rub together a teaspoonful of composition powder and a teaspoonful of brown sugar dampened, and then add a teacup half full of lukewarm water ; stir it well, and take before the powder settles to the bottom of the cup. Prepared in this way, the composition is more efficacious than when scalded with boiling water, and the tea only taken.

In dyspepsia the composition will be found useful, and if the case is not a bad one, will cure it, provided the medicine be continued a reasonable length of time. The powder prepared in warm water is the best way in cases of dyspepsia or indigestion ; to be taken either before or after meals, and at bed time.

For bowel complaints of every description, the composition is a valuable remedy. The patient should be kept warm, in order to assist the medicine in removing the disease.

For colic, drink the tea hot and strong, and keep a hot brick to the stomach and feet. The hot drops, No. 6, may be added to the composition in such cases with benefit.

The composition sometimes produces pain in the stomach, frequently sickness, and occasionally vomit-

ing, more especially in those unaccustomed to its use, but never except where the stomach is more or less diseased. The pain or sickness, seldom continues but for a few moments, the patient experiencing benefit soon after, and no danger need be apprehended from it under any circumstances; a hot brick placed at the stomach is good to relieve the pain, and at the same time assist the medicine in expelling the cold from the stomach.

In preparing the composition for children, it should be made strong, and well sweetened; one dose made strong will do more good than four or five times the quantity made weak. The dose must be regulated by the age of the child.

In ordinary cases of measles, varioloid, small pox, scarlet fever, &c., the composition, taken at intervals of two or three hours, will be sufficient medicine, so long as the symptoms assume a mild and favorable aspect.

The composition may be given with safety in all cases of fever, the prejudices and theoretic dogmas of the medical faculty to the contrary, notwithstanding.

BLACK PEPPER.

Black pepper may be used with advantage in cases of excessive vomiting, intermitting fevers, cholera morbus, flatulency, and as a substitute for the capsicum, when the latter cannot be obtained. Some practitioners combine it with Peruvian bark, in cases of ague, or intermitting fever. A strong tea of black pepper is very useful as a gargle in common sore throat. Mixed with whiskey or vine-

gar, it constitutes a useful gargle in elongation of the uvula, (falling of the palate.)

Black pepper forms one of the important ingredients in the celebrated remedy for piles, called Ward's paste.

The dose of black pepper is from half to a teaspoonful of the powder, or the grains may be swallowed whole.

Black pepper gives to boiled milk an agreeable flavor, and may be given in this way to children, with especial benefit, when the system is in a weakened condition, requiring stimulants.

There is little, if any, black pepper to be obtained of grocers that is not very much adulterated with cake meal by spice grinders. The genuine article may be obtained at 295 Market Street.

GINGER.

Ginger is a pure, mild stimulant, and, as such, it may be employed in all cases of disease; its use can injure no one. Ginger tea forms a valuable medicine for infants and children. In fine, it may be employed as a mild stimulant in all cases of disease.

Ginger tea is much employed as a remedy for colic in infants. Its use promotes digestion, and lessens the liability to colic.

In mild cases of measles, scarlet fever, small pox, and varioloid, ginger tea may be employed as a general stimulant.

Combining ginger and cayenne in about equal portions, forms a sufficiently active stimulus for general use in the treatment of disease. Tonics

may be rendered more efficient and less unpleasant to the taste, by the addition of a portion of ginger.

Ground ginger is adulterated with corn meal, very often to the extent of sixty pounds of corn meal to the one hundred pounds of ginger root. It can be obtained pure at 295 Market Street.

GINGER PORRIDGE.

In England and other European countries, ginger tea is frequently used in the place of simple water, in making porridge and oatmeal gruel. It is not only made use of in this way for the sick, but the flavor of the food is so much improved by the ginger, that it is preferred on this account.

TINCTURE OF GINGER.

This preparation of ginger is now extensively used under the name of Brown's Essense of Ginger. Other druggists have been induced to prepare essence of ginger, from the extensive demand for it, as a remedy for colic, indigestion, flatulence, bowel complaints, and as a preventive to cholera.

No. 6—RHEUMATIC DROPS.

In Thomsonian families, No. 6 is used as a general medicine for slight ailments, such as colic, chilliness, sick stomach, headache, flatulency, pain in the breast, bowel complaints, &c. In fine, a medicine that is good to warm the stomach, and promote digestion, is good for nearly all kinds of complaints.

The No. 6 possesses, also, powerful anticeptic or purifying properties, and, hence, very valuable as a remedy where there is tendency to putrefaction; for instance, in bowel complaints that prevail in hot weather from unwholesome food, and in low forms of malignant disease, such as typhus and yellow fever, putrid sore throat, &c.

Colic, oppression at the pit of the stomach after meals, pain in the side, and hysteric symptoms, such as palpitation of the heart, sensations of suffocation, faintness, &c., may be relieved in general by the free use of the No. 6, taken either by itself or mixed in hot water sweetened.

As an external application, No. 6 will be found useful in neuralgia, night sweats, dropsy, consumption, and in all cases where the skin is in a relaxed condition.

For fresh cuts and wounds, the No. 6 is as good an application as can be made; it may also be employed to great advantage in sprains, bruises, indolent ulcers, putrid sore throat, gangrene, and as a preventative to mortification, both internally and externally.

Dose.—For an adult the dose is from a teaspoonful to a tablespoonful, taken in sugar, or with warm water sweetened, or in combination with some other preparations, as composition, or spiced bitters tea. Some persons take it by itself.

The greater part of the No. 6 manufactured and peddled over the country, is made of inferior articles, so much so as to render it unfit for internal use. The article, to be good, should not have that rank, bitter taste, which may be detected in much of the No. 6 to be found in every part of the country.

TINCTURE OF MYRRH.

The tincture of myrrh may be used for the same purposes as the tincture of ginger, and No. 6. Being less pungent, it may be administered with less difficulty to children, than either the tincture of ginger, or No. 6.

Dose.—For a child, half a teaspoonful; for an adult, from a teaspoonful to a tablespoonful, to be mixed with warm or cold water. In cases of flatulency, or pain in the bowels, it should be taken in warm water.

As an external application, tincture of myrrh is highly beneficial in fresh wounds, and in all cases of old sores, or indolent ulcers.

No. 5 SYRUP, OR RESTORATIVE CORDIAL.

This syrup will improve the tone of the bowels in case of recovery from sickness, when the bowels are in a relaxed condition. It is also beneficial in attacks of simple bowel complaints, such as are frequently occasioned from change of water and diet. The dose for an adult is from a tablespoonful to a wineglassful. To be repeated as often as the patient feels it necessary.

CHOLERA MIXTURE.

This preparation we do not hesitate to recommend as one of the most effectual remedies known for bowel complaints in general, and also highly beneficial in the early stages of cholera, dysentery, and cholera morbus. It is good for pain or soreness in the stomach and bowels, and for summer complaints in children, &c.

Still, however valuable the cholera mixture may be, it is not recommended as a remedy to be relied upon alone in severe cases of cholera morbus, dysentery, or cholera, for these are forms of disease requiring very prompt and energetic treatment, such as is laid down in *Comfort's Thomsonian Practice*.

The dose for an adult is from a tablespoonful to a wineglass half full, to be repeated whenever the symptoms demand it.

Thus, in sudden attacks it should be used freely at short intervals; but in ordinary bowel complaints, three or four doses taken during the day will be sufficient. For children, a teaspoonful or more may be given at a time, and repeated as often as necessary.

CHOLERA DROPS.

This preparation may be used for the same complaints for which the cholera mixture is recommended. It is possessed of more active properties than the mixture, and better adapted for the cure of long standing cases of looseness of the bowels and chronic diarrhœa.

The No. 3, or anti-canker pills, are a valuable auxiliary to this preparation in severe or obstinate cases.

The dose for an adult is from one to two teaspoonsful in a small quantity of hot water, sweetened; or it may be taken with a teaspoonful of sugar, or with cold water. The dose to be repeated at longer or shorter intervals, until the desired object is attained.

This preparation is free from any deleterious properties.

PURE VEGETABLE STIMULANT.

This article contains the active principle of African pepper and Jamaica ginger, in a form agreeable to take, and without occasioning pain or distress.

It is a pure stimulant, invigorating the stomach, and well adapted as a general agent for sustaining the vital energies of the system in all cases of disease. It strengthens the digestive functions; promotes the secretions; and operates in harmony with the laws of life.

ASTRINGENTS.

THOMSON'S NUMBER THREE.

(*"Medicine for Canker."*)

Some of the vegetable astringents are adapted to accomplish important purposes in the practice of medicine. To cleanse the mucous membranes, correct morbid secretions, and to give increased tone and energy to the system, are important results effected by the use of this class of medicines.

Bayberry root bark, and the leaves and berries of the upland sumac, are those chiefly employed as internal remedies, in the Thomsonian practice. They are free from any deleterious properties, and may be used without risk of injury in any case of disease. During the early stage of fever, when the tongue is dry, a portion of cayenne or ginger should be added to the astringent medicines.

Formerly, the astringent medicines were taken either in decoction, or the powder mixed with water.

Of late, the *extract* of bayberry, combined with cayenne, and formed into pills, has been substituted in Philadelphia and other places ; evidently increasing the medicinal powers of this medicine.

The design of this medicine is to remove the foul or morbid secretions which are formed on the mucous coats of the stomach and bowels in almost all varieties of disease, and which it is important to remove in order to restore health. It is therefore a remedy of general application, and quite destitute of any injurious qualities.

In administering a course of medicine, the emetic should be given in a tea of the No. 3, and should be made strong.

Two heaping teaspoonsful of No. 3 powder, steeped in a teacup of boiling water, will form a tea of the proper strength to answer the purpose for which it is generally given.

A teacupful of the No. 3 taken warm when the stomach is foul, will sometimes cause vomiting, and will prove of great benefit.

In apthous sore mouth in children, where white patches, resembling whey curd, are formed on the tongue and mouth, by rubbing off these white patches with a rag, and then dipping the finger in water and covering it with the dry number three powder and rubbing it over the tongue and mouth, generally effect a cure, if repeated a few times.

Old sores and indolent ulcers that do not show a disposition to heal, are benefitted by filling up the sore with the number three powder dry, and binding it on. Repeat this daily until the character of the sore is changed to a healing condition.

A strong tea of the number three is good for children troubled with worms.

The tea should never be made in iron vessels, nor permitted to stand in tin.

Bayberry may be used in the place of the number three powder.

MYRICA CIREFERA.

Bayberry.

Of the articles mentioned under the head of astringents, the bark of bayberry root is the best adapted to general use as an internal remedy.

Bayberry root bark should be collected in the fall after the commencement of frost, or early in the spring, before the leaves put forth. Bayberry is a very important article in the Thomsonian practice, and great care should be taken to obtain that which is good. There are large quantities of bayberry sold that have been collected in an improper season, mixed with other bark, and mouldy, and consequently it possesses but little, if any medical virtue. Composition powder, made of such bayberry, as above mentioned, and old worm-eaten ginger root, and damaged pepper, would prove a useless medicine; whereas, when prepared of good materials, it constitutes one of the most valuable medicines ever compounded.

The storehouses of wholesale druggists often contain large quantities of bayberry bark wholly unfit for medicine, being collected at an improper season, mixed with trash of various kinds, and much of the bark itself in the first stage of decay.

The best bayberry is found in a sandy soil, and near the sea. The principal Thomsonian store in Philadelphia is supplied with bayberry from the coast

of New Jersey, where it is collected in the proper season.

To prepare for taking.—Bayberry may be taken either in decoction, or the powder finely pulverized, mixed with sugar and water, or the extract formed into pills. Bayberry tea, to be effectual, should be made strong, by steeping the bark, either pulverized or unpulverized, in boiling water. Two large teaspoonsful of pulverized bayberry powder to a teacup two-thirds full of boiling water, will form a tea of the proper strength to answer the purpose for which it is generally given.

Astringent teas should never be made in an iron vessel.

A strong tea of bayberry, adding a portion of cayenne, constitutes a valuable medicine in the cure of disease in general. This preparation, though not so much used as the composition powder, is yet more effectual in cleansing the stomach and bowels of *canker*, or unhealthy secretions. A teacupful of strong bayberry tea, taken when the stomach is foul, will sometimes cause vomiting; but never unless the stomach be disordered.

As a preventive to disease, in general, there is probably nothing better that can be taken, than an occasional dose of bayberry and cayenne, or the No. 3 pills, taken in doses of from eight to ten pills, once or twice daily.

A very strong decoction of either bayberry or sumac should be used with lobelia, when administered as an emetic. Prepared in this way, an emetic will operate more effectually in cleansing the stomach, and correcting the secretions; and at the same time occasion less sickness and retching than when given

in pennyroyal tea, or lukewarm water, as recommended in various works on the *Botanic* practice.

SYRUP OF BAYBERRY.

The syrup of bayberry operates as a detergent, cleansing the mucous membrane of the stomach and bowels of the thickened phlegm or albuminous secretions that form on these membranes in disease. This is one of the great objects to be kept in view in applying remedies to cure diseases, to wit: to cleanse the internal lining membrane of the stomach and bowels of the unhealthy secretions above alluded to. Dr. Samuel Thomson was the first to discover the importance of applying remedies to effect this important object, of "*scouring the canker from the stomach and bowels.*"

Taken alone, in doses of from half to a wineglassful, the syrup will effect vomiting in many instances, if the stomach is foul. The syrup restores sensibility; or, in other words, causes the stomach to *feel* its disordered condition, brings into operation the curative effort, vomiting. The syrup will cause no sickness if the stomach be in a healthy state.

It may be used as a general remedy for bowel complaints, in adults, children, and infants, and in all cases of debility attended with a coated tongue.

In dyspepsia, where the tongue is coated, especial benefit will be derived from taking the syrup an hour or two before meals. It may occasion sickness for a short time, but will improve the condition of the stomach.

The syrup is good for correcting bad taste in the mouth, and may be taken for that purpose at any time. It can do no injury in any case.

Dose.—For an adult, a tablespoonful ; for a child, a teaspoonful ; and for an infant half a teaspoonful. To be taken either alone, or mixed with a small quantity of water, composition, or spiced bitters tea.

NO. 3 PILLS—ANTI-CANKER PILLS.

These pills contain medical properties which will be found beneficial in the treatment of all varieties of disease—furnishing a pure stimulant, congenial with the health-restoring power, to the system ; an effectual detergent for cleansing the mucous membrane of the stomach and bowels of the thickened secretions which coat them, to a greater or less extent, in all cases of disease ; antiseptic properties opposed to putrefaction ; and tonic properties adapted to promote digestion, and to give increased tone and energy to the system.

Possessed of qualities capable of accomplishing so many important purposes, and invariably tending to promote healthy action in the system, these pills furnish a medicine well suited as a general remedy in the treatment of disease.

In all cases of disease, when the patient prefers taking medicine in the form of pills, the No. 3 pills may be used as a substitute for composition, or for bayberry and cayenne. They may be given in the quantity of from four to six, or eight pills every two or three hours, as a general medicine, with signal benefit in acute diseases ; for instance, pleurisy, dysentery, small pox, measles, scarlet fever, and fevers in general, their effect upon the stomach being always salutary.

In bowel complaints, these pills have been found a valuable medicine, operating as a detergent ; clean-

sing the lining membrane of the stomach and bowels, and restoring digestion. They may be used freely in all cases of the kind.

Dyspepsia of long standing has been cured in many instances by taking from fifteen to twenty pills daily, with from three to five compound lobelia pills at bedtime, and persevering in their use daily for two or three weeks.

As a radical cure for *costiveness*, these pills, we feel assured, surpass in efficacy any other preparation of medicine in use. Purgative medicines weaken the bowels, and produce a greater degree of constipation after their operation ; but these pills cleanse the internal surface of the stomach and bowels, and restore a natural action, and thus prepare the stomach for digesting food.

To cleanse the internal surface of the stomach and bowels of the thickened tenacious secretions, which always form to a greater or less extent in all cases of disease, is one of the most essential objects to be obtained by medical treatment. In numerous instances, where these pills have been taken regularly to the amount of twenty-five or thirty pills daily, a skinny substance has been observed to pass from the bowels, and then the patient begins to improve in health. This fact has been noticed in many different cases, and in various forms of disease, and has been invariably followed by an improvement in the health of the patient. Purgative medicines of every kind should be avoided, as their ultimate tendency is always pernicious, causing the bowels to become coated with morbid secretion, and impairing the digestive functions.

In *nervous complaints*, general debility, and the distressing sickness, often attendant on pregnancy,

the use of these pills, in the quantity before mentioned, say fifteen or twenty pills daily, will prove eminently beneficial.

The free use of the pills prepares the stomach for a course of medicine, so that the emetic will prove more effectual in cleansing the stomach, and at the same time cause it to operate more easily and promptly.

The No. 3 pills are equally well adapted to the cure of disease in children; and when they can be taken more readily than medicine in the form of teas, they may be relied upon as a general remedy, in doses of from three to five or six, and repeated three or four times daily. Taken daily for a week, they will cure worm complaints, by destroying or removing the vitiated secretions that feed worms.

The sensations experienced, and the symptoms produced by the use of the pills are various. If the stomach be very foul, and its sensitiveness readily awakened, vomiting may occur after a few doses have been taken, and after the stomach is cleansed they will not cause sickness; if much acid exists in the stomach, the patient will probably experience a burning and pain at the pit of the stomach, which will move downwards, and be followed by a free operation from the bowels, although they possess no purgative properties. They seldom effect these results for more than one or two days, ceasing to cause purging, when the acrid secretions contained in the stomach have passed off. In cases of long standing dyspepsia, where the stomach is cold, torpid, and insensible, no particular sensations will be felt until the pills have been taken several days, or even a week or more. When a sensibility is restored, the patient will be made to feel the diseased condition

of the stomach and bowels, experiencing burning at the pit of the stomach, with more or less of pain and rumbling in the bowels, followed by a diarrhœa, with probably portions of skinny substances in the evacuations, which had previously coated the mucous membranes, and proved the cause of the continuance of the disease. To restore the natural feeling to the stomach and bowels, will often cause distress for a time, but it is by effecting this that the curative powers of the system can be brought into play and seated disease removed. The greatest good is often effected by medicine that occasions the most distress, by causing the patient to feel his diseased condition, and thereby effecting a recuperative health restoring action.

INJECTION POWDER.

The benefit derived from the use of injections is not generally known; life has often been saved by their use in cases of ulcerated sore throat, and other affections, where it was impossible for the patient to swallow. Dr. Thomson, in his *Guide to Health*, says, "Whatever is good to cure disease when taken into the stomach, is likewise good for the same purpose if given by injection, as the grand object is to warm the bowels, and remove canker. In all cases of dysentery, colic, piles, and other complaints, where the bowels are badly affected, injections should never be dispensed with. They are perfectly safe in all cases, and better that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, where there

would be no chance in any other. I do therefore most seriously advise, that these considerations be always borne in mind ; and that this important way of giving relief be never neglected where there is any chance for it to do good.

“In many complaints peculiar to females, they are of the greatest importance in giving relief, when properly attended to.

For preparing injections in ordinary cases, pour about half a pint of boiling water on two teaspoonsful of the powder, when necessary to make much impression, add from half to a teaspoonful of green lobelia, and as much nerve powder, when the above is moderately warm ; let it stand warm ten minutes ; strain or pour off the tea, and use it blood warm. In bad cases, add from half to a teaspoonful of the liquid of third preparation in the place of green lobelia and nerve powder ; when the bowels are very sore or irritable, half a teaspoonful of slippery elm should be added. In violent attacks of disease, as in bilious colic, apoplexy, suspended animation, &c., the quantity of third preparation may be increased, and the injection repeated every fifteen or twenty minutes, until the desired effect is produced.

Where much lobelia is used, nausea and vomiting are sometimes produced, and with good effect.

In dyspepsia, costiveness of the bowels, relax, &c., injections will afford great relief. They should be given in place of physic.

The frequent use of injections does not produce the necessity for their repetition.

A wineglassful or more of the injection powder tea, with as much green lobelia as will lie on a ten cent piece, or more if necessary, is an invaluable remedy for almost all diseases with which children

are effected. Cross, fretful, restless children, will be made much more comfortable by the use of occasional use of injections. For colic, colds, worm complaints, &c., the injections will often effect a cure without any other medicine.

BETULA LENTA.

Sweet Birch.

A strong decoction of the sweet birch bark is very good for light cases of bowel complaints. Being pleasant to the taste, it is easily taken by children.

RHUS GLABRUM.

Upland Sumac.

The bark, leaves, and berries of sumac are employed for medical purposes, and, next to bayberry, may be regarded as the best astringent for cleansing the mucous membrane of the stomach and bowels. There are three species of the sumac, each of which possesses similar properties, and may be used for the same purposes. The species above named is most used. One species (*rhys copallinum*) is called dwarf sumac, scarcely ever reaching the height of six feet, and is found in dry, rocky ground. A strong decoction of the bark of the root of the dwarf sumac is employed as a sovereign remedy for venereal diseases, by the Chippewa Indians.

Sumac berries should be collected soon after the first hard frost. The dust or powder that coats the berry is the part employed for medical purposes.

Sumac bark should be collected when the leaves are off, or after they have commenced falling. A strong decoction made of the bark, or of the bark, leaves, and berries combined, may be used with advantage in affections of the kidneys, and in all cases of weakness of the uterine organs.

“The gum which exudes from the bark on being punctured, during the summer, is beneficial in gleet and obstructions of the urine.”—*Mattson's American Vegetable Practice*.

NYMPHIA ODORATA.

White Pond-Lilly.

White pond-lilly grows in ponds and ditches, and is readily distinguished by its beautiful white flower. The root of the pond-lilly possesses astringent qualities, and may be employed in combination with, or as a substitute for, bayberry and sumac, when the latter cannot be obtained. The difficulty of collecting and preserving this root, and the fact of its being inferior to bayberry or sumac, in point of medical virtue, has occasioned it to be almost abandoned, except in making poultices.

RUBUS STRIGOSIS.

Wild Red Raspberry.

This shrub grows in great abundance in New England, and also in some southern sections of this country.

The leaf, which is the only part employed for medical purposes, is a mild astringent, and so agreeable to the taste, that many families use it as a substitute for imported tea.

A strong tea of raspberry leaves is a useful remedy for ordinary bowel complaints of infants and children. To be efficient, however, it should be made strong. In treating of this article, Dr. Thomson observes: "It is the best thing for women in travail of any article I know of." He recommends a strong tea of it to be given, sweetened, adding a portion of cayenne. A tea of raspberry leaf, adding milk and sugar, is good for infants; and Dr. Thomson asserts that it will prevent sore mouth.

HAMAMELIS VIRGINICA.

Witch Hazel.

The leaves of the witch hazel furnish an active astringent, and a strong decoction of this article may be used with much benefit as an injection in piles, fluor albus or whites, and chronic diarrhœa.

The leaves should be collected in the autumn, before they are injured by the frost, dried out of the sunshine, and as soon as dry they should be either pulverized, or packed in a box and secured from the air.

GALLÆ.

Galls.

Galls are round bodies which form on the bark and leaves of the oak. They are produced by the

sap escaping through a puncture made by an insect resembling a common gnat. The sap becomes inspissated, and gradually hardens, forming these knotty substances, which possess the astringent properties in an eminent degree.

An ointment, made with two parts of finely powdered galls and three parts of lard, may be used with especial benefit in piles and prolapsus ani.

GEUM RIVALE.

Evan Root.

This plant is peculiar to low, marshy ground, and has received a variety of names, viz : chocolate root, water avens, throat root, and purple avens. It possesses slightly astringent and tonic properties, and may be used with benefit in diarrhœa, dysentery, and in bowel complaints in general.

STATIA LIMONIUM.

Marsh Rosemary.

This plant, the root of which is used for medical purposes, is found only in salt marshes.

The root of marsh rosemary is a powerful astringent, and is chiefly employed as a remedy for ulcerated sores in the mouth and throat. The powdered root has a good effect upon old sores, the powder being put dry into the sore, and a poultice or salve applied. In long standing cases of piles, where the

rectum is in a very relaxed condition, or in fluor albus or whites, when a powerful astringent is required, a portion of marsh rosemary, added to witch hazel or sumac, will form a better injection than either of the latter articles alone.

RUBUS PROCUMBENS.

Dewberry.

The root of the dewberry, and also that of the blackberry plant, may be used as a substitute for bayberry or sumac, in dysentery and bowel complaints in general.

“To the declining stages of dysentery, after the symptoms of inflammation are removed, they (the dewberry and blackberry root) are well suited; though I have given them, I think, with greater advantage, under nearly similar circumstances, in cholera infantum. To check the inordinate evacuations in the protracted stages of this disease, no remedy has ever done so much in my practice. They, moreover, are useful in all excessive purgings, from whatever cause proceeding, especially in the diarrhœa of old people, and when it occurs at the close of disease.

“My experience is limited pretty much to the cases which I have mentioned. But I cannot help believing that they will hereafter be found susceptible of a more diversified application; and, perhaps, under all circumstances where an agreeable bitter tonic or astringent is demanded. As an anti-lithic, and, indeed, as a corrective of all the depraved states

of the stomach, caused by debility, I am persuaded that they will display valuable powers.

“Of the comparative utility of the dewberry and blackberry, I am hardly entitled to decide very confidently. My impression, however, from what I have observed of their effects, is, that the former is the superior medicine. Certain it is, that it is more pleasant to the taste.

“Every part of the plant is actively astringent—as the root, the leaves, the bark, the fruit—and all may be employed. But the root is to be preferred. The mode in which I have used it is in decoction, taking about an ounce, bruised, to a pint of water. Thus prepared, we have a beautiful claret-colored liquor, having its bitterness, which is not very great, tempered by a pleasant aromatic flavor.”—*Chapman's Therapeutics*.

GERANIUM MACULATUM.

Crow Foot—Crane's Bill.

This plant may be found in many sections of this country. The root possesses active astringent qualities. A decoction of this root has been used by injection with benefit, in chronic gonorrhœa, gleet, and fluor albus. The root, boiled in milk, is a good remedy in bowel complaints of children; more especially when the disease is of a mild character, requiring only astringent medicine.

A strong infusion of crane's bill root, sumac leaves, and black birch bark, combined, is recommended by Dr. Logan, in cases of cholera morbus and diarrhœa.

ORBANCHE VIRGINIANA.

Beach-Drop.

A decoction of the root of the beach-drop may be employed for the same purposes as that of the crow-foot. The powdered root is a good application in cases of open cancer, and indolent ulcers.

The powdered root of the beach-drop, crow-foot, or marsh rosemary, stewed in fresh tallow, may be employed as an ointment for external piles, and eruptions on the skin.

HEUCHERA AMERICANA.

Alum Root.

“The root is a strong and powerful astringent, and contains more tannin than the geranium maculatum, detergent, styptic, antiseptic, and vulnerary. If the root be used in powder, as an external remedy in wounds, sores, and old, foul, indolent ulcers, it will deterge, and soon prepare for the formation of healthy granulations.”—*Dr. A. C. Logan.*

TONICS—BITTERS.

To strengthen the system and promote digestion.

GENERAL REMARKS.

Bitters are particularly suited to the latter stages of acute disease, when fever has subsided and the tongue is cleaning; and in all cases where the sys-

tem is left in a relaxed condition, with feeble digestion. In the suppurative stage of small-pox, and in case of large abscesses that are secreting matter freely, bitters should be employed, in combination with pure stimulants, with a view to promote digestion, and furnish the system with necessary strength to carry on her healing operations. In chronic disease in general, bitters may be employed indiscriminately, provided the patient be clear of fever.

The vegetable kingdom furnishes a great variety of bitter tonics, of which those mentioned under this head are believed to be the best, and sufficient to fulfil the indications for which tonics are employed.

The chief objection to the use of bitters during the active stage of disease, is on account of their tendency, under these circumstances, to arrest the secretions.

As a general rule, it is better to take all bitter teas cold. Boneset tea, taken cold, produces a tonic effect; but taken warm, occasion nausea and vomiting. Thomson's spiced bitters, designed to supply the place of a stimulant and tonic, are generally taken warm.

CINCHONA OFFICINALIS.

Peruvian Bark.

THE genuine Peruvian bark is one of the most effectual tonics ever employed for the cure of intermitting fever or ague. It may be used as a general tonic in all cases where the use of this class of medicines is demanded. As a general rule, powerful tonics should not be employed in the first stage of disease, attended with fever, and a dry, coated tongue.

Under these circumstances, bitters, unless combined with a large portion of cayenne, would repress rather than promote the secretions, and aggravate the disease. When, by the free use of cayenne and other appropriate remedies, the secretions are restored, the tongue cleaning, and the skin warm and disposed to perspiration, then Peruvian bark or other tonics may be employed with advantage.

Peruvian bark is rendered more efficient as a tonic, by combining with it Virginia snake-root, cloves, and cayenne pepper. I frequently mix equal parts of Peruvian bark and spiced bitters, and have always found it a good preparation.

A tea made of equal parts of Peruvian bark and liquorice-root, is a good remedy for colic in infants; more especially where the spells of colic are observed to come on periodically.

The name of *Jesuit's bark* has been applied to the Peruvian bark, from the circumstance of the Jesuits having had the chief control of the sale of the article during its first introduction into use in Europe, about the year 1640.

There are three species of Peruvian bark imported to this country: the pale, yellow, and red. At one time the *red* bark was esteemed the most valuable. This induced druggists to convert other species of red bark, by adulteration, which so materially lessened the efficacy of the bark, that at one period the red bark was little used. Each species of bark above mentioned is efficient as a tonic, provided it be free from adulteration.

Peruvian bark is the most active when taken in substance, mixed with some liquid; as a tea of spiced bitters, Virginia snake-root, a solution of liquorice, or simply with water. The unplesant taste of the bark

can scarcely be perceived when it is taken in a solution of liquorice.

When the bark cannot be taken in substance, its virtue may be extracted by boiling water, and taken in decoction, cold. A small portion of orange-peel, liquorice-root, or a spice, added, will improve the flavor of the tea; and where there is acidity of the stomach, a portion of the supercarbonate of soda, or *sal æratus* should be added.

Peruvian bark is often taken in wine, and with the most happy effects in many instances, as in recovery from disease, where the strength of the patient is much exhausted.

Dose.—The quantity of bark taken at a time varies from that of a teaspoonful to an ounce. Whilst some recommend it in small doses, repeated every hour or two, others direct an ounce to be taken at once.

More especially it is recommended to be taken in large doses, in cases of intermitting fever, where by a proper course of treatment, the system is placed in a condition that warrants the free use of tonics.

AGUE BITTERS.

These Bitters have been found to cure the ague or intermittent fever with great certainty. They are free from any deleterious qualities.

General directions.—The dose for an infant, half a teaspoonful; and for an adult, a tablespoonful.

The bitters should be taken on the day that the chill is expected; beginning about five hours before the time for the chill to come on. The dose to be taken every hour, until five doses have been taken. If the chill does come on, the bitters should be taken on the next chill day, and continued in this way until the chills are broken up.

To prevent a return of the chills, take four or five doses of the bitters on the seventh day from the day on which the last chill occurred, and continue taking them in this way every seventh day for some weeks.

It is highly necessary to have the system placed in a favorable condition for the bitters, by taking freely of No. 3, or anti-canker pills, and of the fever powders for a day or two, and if necessary, a Thomsonian course of medicine previous to taking the bitters.

QUININE.

Quinine is the active principle of Peruvian bark, and may be used as a substitute for the bark. Quinine has sometimes been discovered to be adulterated with starch, stearine, sulphate of lime, and sugar. There are means, however, of detecting adulterations, in quinine; for a knowledge of which, the reader is referred to the *U. S. Dispensatory*.

Quinine is usually taken in the form of pills. Eight quinine pills, of the usual size, are supposed to be equivalent to an ounce of Peruvian bark. A pill, to contain a grain of quinine, (equal to a drachm of bark,) must be considerably larger than pills are generally made.

It is believed that quinine is rendered more active by the addition of cayenne pepper.

As a cure for intermittent and other forms of fever, when the condition of the system is favorable for the exhibition of tonics, there is probably no remedy of equal value with quinine. This medicine, however, is so easily taken, that it may be continued until large

quantities have been taken, the system, at the same time, not being in a condition to be benefitted by its use.

Quinine has been employed, with great success, in cases of neuralgia, or tic-doloureux; more especially, where attacks of pain are intermittent, like ague fits. It is not to be employed when the tongue is thickly coated, or the patient labouring under high fever.

There are cases of periodical sick-headache, in which more benefit may be derived from the use of quinine than from any other remedy. As a preventive, from ten to twenty grains should be taken a day or two before the time at which the attack is expected. It is in those cases, where there is no fever, and the tongue not thickly coated, nor too high colored, that quinine may be used without previously preparing the system by other remedies.

In fevers, as a general rule, quinine is better adapted to the treatment of cases that occur in spring, winter, and autumn, than in midsummer.

POPULUS TREMULOIDES AND POPULUS GRANDIDENTATA.

White Aspen and Black Aspen Poplar.

The bark of these species of poplar possesses valuable tonic properties. Poplar bark constitutes an important part of the spice bitters. A very strong decoction of poplar bark may be employed as a tonic in any case where a tonic is needed.

The white aspen is not so bitter as the other species, and may be very readily given to children. It

is well adapted to cases where the bowels are left in a weak and relaxed condition, after dysentery, diarrhœa, &c.

In treating of the poplar, Dr. Thomson says: "The inner bark, made into tea, is one of the best articles to regulate the bile and restore the digestive powers, of any thing I have ever used. The bark may be taken from the body of the tree, or from the limbs, or the roots, and the outside shaved off; preserving the inner bark, which should be dried and carefully preserved for use."

Poplar growing in low grounds is said to have stronger qualities than that which grows on dry soil.

CHOLONE GLABRA.

Balmomy.

This herb, commonly called snake-head, is found in low, marshy ground, and along the sides of brooks and ponds.

Balmomy is a strong bitter, and may be employed as a general tonic, either singly or in combination with other bitters. The herb should be collected when in blossom.

BERBERRIS VULGARIES.

Barberry.

A cold decoction of Barberry bark is a favorite medicine with many physicians for jaundice. Finely pulverized, the bark may be taken in substance, mixed with cold or lukewarm water.

Dose.—Half a teaspoonful. The dose to be repeated two or three times a day.

HYDRASTIS CANADENSIS.

Golden Seal.

This plant has received a variety of names, as Ohio kerkuma, yellow poccoon, and turmeric root, is highly esteemed as a tonic by some Thomsonians. The root is the part used, which should be collected in the fall, well dried, and reduced to powder.

Golden seal is found in great abundance in Ohio and Indiana, and it is from thence the principal supply is obtained.

The usual dose is a teaspoonful of powder, taken in warm water, or steeped in boiling water, and the tea only used.

Dr. Thomson recommends the use of the golden seal for distress, occasioned by indigestion after meals.

SERPENTARIA VIRGINIANA.

Virginia Snake-Root.

This plant, the root of which contains both tonic and stimulant properties, grows plentifully in many parts of the United States, and it is said to be a native of this country exclusively.

The Virginia snake-root may be employed with benefit in fevers, and in a variety of forms of disease, when the usual bitter tonics irritate the stomach.

The usual dose of powdered root is a teaspoonful. To make the infusion, pour a pint of boiling water on half an ounce of the root, and let it steep in a covered vessel; boiling the root dissipates its medicinal properties. It may be drank freely in all stages of disease, either cold or warm, as the patient may prefer.

CHIRONIA ANGULARIS.

Centuary.

Of the centuary we have the above species, which is not inferior to the European. It is a beautiful annual plant, growing abundantly in the Middle and Southern States, and every part of it is medicinal, though the flowers possess the most efficacy. It is a pure bitter, with some aromatic flavor, neither unpleasant to the taste, nor offensive to the stomach; and it is resorted to by every description of practitioners, regular and irregular, in our intermittent and remittent fevers. Like some other articles, it has an advantage over the Peruvian bark, of being susceptible of employment in every stage of these diseases. The usual mode of prescribing it is by strong infusion, which is directed to be taken without much limitation."—*Chapman.*

CORNUS SERICEA.

Red Dogwood—Red Willow.

This species of cornus is usually six or eight feet in height, with numerous erect stems, which are

covered with a shining, reddish bark, and send out opposite spreading branches. The leaves are opposite, petiolate, ovate, pointed, entire, and on the under surface covered with soft brownish hairs. The flowers are small, white, and disposed in terminal cymes, which are depressed and woolly. The fruit consists of globular, berry-formed drupes, of a cerulean blue color, and collected in bunches.—*U. S. Dispensatory*.

The red dogwood is found growing in low, wet lands, and along streams in almost every section of the United States. The bark of this shrub contains valuable tonic properties, and many experienced practitioners assert it to be equal in efficacy to the Peruvian bark, and it may be employed as a substitute for the latter article. Growing in our country, it can be obtained genuine; whereas, a great portion of bark imported as Peruvian, is spurious, article, containing little or none of the medical properties of Peruvian bark.

GENTIAN.

Yellow gentian root, much employed as a tonic, is imported from Germany. It grows among the Appenines, the Alps, and other mountainous regions of Europe. There are several species of gentian all possessing the same properties, and used for the same purposes.

Gentian is an invaluable tonic, and may be safely employed in any case where a tonic is wanted. It may be safely administered in the form of tincture, infusion, or extract, or in combination with other tonics.

Extract of gentian, made into pills, is a convenient form of tonic. With some, it is a favorite remedy for worms.

Gentian is well adapted, as a tonic, to cases of female complaints where tonics are demanded.

PRUNUS VIRGINIANA.

Wild Cherry.

The bark of this tree has tonic and astringent properties. As a tonic, it is inferior in efficacy to either the red dogwood, or Peruvian bark. It is adapted to cases of consumption, hectic fever, and scrofula, and in chronic bowel complaints. It yields its properties to alcohol, and to hot or cold water. Boiling the bark destroys its medicinal powers. The proper plan is to have the bark cut into strips, or pulverized, and put into cold water.

QUASSIA.

This tree, the wood of which contains the bitter principle, as it were, in a concentrated form, is a native of Surinam, Jamaica, and the Carribbean islands.

This medicine was first introduced into use by a West India negro, named Quassia, who employed it as a secret remedy, which proved successful in the cure of the malignant fevers of that country. The secret "was disclosed to a Mr. Rolander, a Swede. Specimens were taken to Stockholm by this gentle-

man, in the year 1756, and the medicine soon became popular in Europe. The name of the negro has been perpetuated in the generic title of the plant."

Quassia may be employed as a tonic in cases of general debility. It is usually prepared in infusion, in combination with other tonics, columbo, gentian, Virginia snake root, and orange-peel.

Tonics are found to be more effectual, by occasionally substituting one article for another, or by frequently changing the compound.

No. 4 BITTERS.

This preparation is designed to correct the bile, and create an appetite by restoring the digestive powers; it is a stronger tonic than the spiced bitters, and will be found beneficial where the patient is left feeble after disease. The dyspeptic will find relief from taking a dose after meals.

The No. 4 bitters should not be used during the existence of fever, or when the tongue is dry.

Dose.—A heaping teaspoonful to a cup two-thirds full of boiling water.

LIROIODENDREN TULIPIFERA.

Tulip Poplar.

The bark of this tree may be employed as a tonic; the bark of the root is probably as powerful a tonic as the aspen poplar.

COLUMBO.

Columbo root possesses considerable power as a tonic, and as such, may be used either alone, or in combination with other tonics.

EUPATORIUM PERFOLIATUM.

Thoroughwort—Boneset.

A warm infusion or a decoction of this plant will operate as a nauseant and emetic ; when taken cold, it acts as a tonic only.

Boneset has been extensively employed, of late years, in the treatment of intermittent and remittent fevers. It is employed as a diaphoretic, emetic, and tonic.

A cold infusion of boneset is an excellent general tonic, useful in cases of dyspepsia, fevers, &c.

XANTHORIZA APUFOLIA.

Yellow Root.

“The bark of this plant is equal, if not superior to the golden seal.”—*Dr. A. C. Logan.*

ANTHEMIS NOBILIS.

Chamomile.

Chamomile furnishes an agreeable and valuable tonic. It has been a long time employed as a medi-

cine. A warm infusion of chamomile is often employed in domestic practice, to excite perspiration in case of colds. A strong tea of chamomile, drank warm, will sometimes operate as an emetic. As a tonic or stomachic, the cold infusion is usually employed.

MYRRH.

Gum myrrh exudes from the body of a small tree growing in Arabia Felix, and Abyssinia, called *balsamodendron myrrha*. As the juice exudes, it hardens and adheres to the bark.

“Two varieties of myrrh are distinguished in the market, the *India* and the *Turkish myrrh*, the former imported from the East Indies, and the latter from Levant. It is said that the India myrrh is collected in Abyssinia, and thence taken to the ports of Hindostan; while that which goes under the name of Turkey myrrh, is brought from Arabia by the route of Egypt.”—*U. S. Dispensatory*.

There is a great difference in the quality of myrrh. That which comes from Turkey is of a brighter color, and more free from impurities than the East India myrrh. “When of good quality it is reddish-yellow, and translucent; of a strong, peculiar, and somewhat fragrant odor, and a bitter, aromatic taste. It is brittle and pulverizeable; presenting, when broken, a shining surface, which, in the larger masses, is very irregular.”

Myrrh is actively tonic, somewhat stimulant, and possesses, in a high degree, antiseptic properties. It constitutes the most essential ingredient in Thomson's No. 6, or rheumatic drops.

Myrrh has been employed internally, with much benefit, in chronic diarrhœa, and diseases of the lungs or chest, attended with a free expectoration and general debility. Its use is also well adapted to the cure of some complaints peculiar to females—especially *amenorrhœa* (deficient or difficult menstruation)—and, in all cases of derangement of menstrual functions, when accompanied with general debility, and a relaxed condition of the muscular tissues.

To prepare the Powder for taking.—Rub together half a teaspoonful of myrrh and a teaspoonful of sugar, then add a teacup half full of lukewarm water, or a tea of cinnamon, or liquorice root, stir the mixture, and take before it settles.

When myrrh is taken in the form of pills or powder, care should be observed to select that of the best quality.

Medical Qualities and Uses of Myrrh.—Myrrh, prepared in either of the forms mentioned, is applicable to cases of general debility, accompanied by a relaxed condition of the bowels, and an absence of fever. Dr. S. Thomson informs us, that he has discovered it to be a valuable remedy in what are called worm complaints, in children.

The efficacy of Thomson's No. 6, and third preparation of lobelia, in preventing mortification in disease of malignant or putrid tendency, may be partly, at least, attributed to the *myrrh* contained in these preparations.

Applied to fresh wounds, the tincture of myrrh excites the healing action, and lessens the liability to the occurrence of unhealthy inflammation. It is also a useful application in old sores, ulcerated sore throat, running from the ears, aphthous sore mouth, spongy

gums, sore nipples, &c. The tincture of myrrh is also employed to promote the exfoliation of bones. In sinuous ulcers, and cavities that continue to discharge matter, in consequence of a debilitated state of the vessels of the part, tincture of myrrh, combined with an equal quantity of tincture of bayberry, or bayberry powder put in tincture of myrrh, injected into the cavity, and repeated daily, will seldom fail of establishing the inflammatory action necessary to the production of granulations, and a union of the sides of the cavity. Where the parts are too sensitive to admit the tincture to be used undiluted, it may be combined with water or bayberry tea. In cases of scrofulous ulcers, white swellings, hip disease, and wherever there is a free discharge of matter from a part, and the system is in a relaxed condition, the internal use of myrrh will generally prove beneficial. The most convenient way of taking myrrh is in the form of pills.

FEVER POWDER.

This preparation is designed to be used in connection with Comfort's Ague Bitters, in cases of ague and intermittent fever; also to protect the system against attacks of disease in sickly seasons.

Directions.—A teaspoonful of the powder in a teacup half full of lukewarm water, before each meal and at bedtime, during the absence of fever. This quantity, however, should be increased or diminished to suit the constitution or age of the patient. It will be well to continue taking a dose before dinner, and at bedtime, after attacks of fever have been cured, and also as a protection against disease.

HELONIAS DIOICIA.

Unicorn.

This plant, the root of which possesses tonic properties, is found plentifully in most of the Middle, and in several of the Western States. It has received a variety of names, blazing star, devil's bit, and blazing star-wort. The root is, in general, about an inch and a quarter in length, from a quarter to three-eighths of an inch in diameter, and its lower extremity terminating abruptly, as though it had been broken off. "The root leaves continue green all winter, and spread upon the ground in the form of a star. They are four or five inches long, narrow at the base, and terminated by a somewhat tapering point. The stem of the male plant is a foot or more in height, and terminates in a long, drooping, and very graceful spike of flowers, which are of a dirty white color. They remain in bloom from June to July. The stem of the female plant is erect, much taller than the other, and is furnished with flowers of a larger size."—*Mattson's American Vegetable Practice.*

The author above quoted observes: "The *aletris farinosa*, or *star grass*, which has also received the name of *unicorn*, is often mistaken for this plant. It is similar in growth and appearance, but may be identified by its sharply pointed leaves, and brittle, scaly looking root. It possesses tonic properties, but it is narcotic, and purgative, which renders its use objectionable, and sometimes hazardous." This plant, the *aletris farinosa*, has been introduced into Dr. Hersey's work on Midwifery, and also Dr. John Thomson's *Materia Medica*, as the *true* "unicorn root," used by Thomsonians.

The root of the *helonias dioicia* is spoken of by some in terms of the highest praise, as a remedy particularly adapted to complaints peculiar to females, yet it is very doubtful whether it possesses any specific properties apart from those of a general tonic.

BITTER ALMONDS, PEACH-MEATS, AND CHERRY-STONE MEATS.

All these articles contain valuable tonic properties. The essential oil obtained from bitter almonds and peach-meats by distillation, and supposed to contain prussic acid, does not exist in the almond in its natural state, but is the result of chemical action, which takes place during the process of distillation.

Dr. S. Thomson has, of late years, in preparing No. 6, employed liquor in which pounded cherry-stones have been kept for some time, which he calls "cherry spirit." This is an improvement on the old method.

WINE BITTERS.

Wine bitters, made with good articles, may be taken with great benefit by persons who are in a debilitated condition, especially by those recovering from sickness. As a general rule, wine bitters agree best with those who are not subject to obstinate constipation of the bowels. When they effect the head unpleasantly they should not be used very freely.

LADIES' SPICED BITTERS.

This preparation is adapted to weakness and diseases peculiar to females. It is beneficial both be-

fore and after confinement. During minority, females who are inclined to be delicate, will find these bitters particularly useful. They will assist the efforts of nature at this important time of life in forming a good constitution. Thus, by using these bitters (and in some cases the compound lobelia pills also) in place of articles and treatment which weaken the constitution now forming, many, very many, would be saved much sickness, suffering, and an untimely end.

The best mode of preparing them, is to put a teaspoonful into a teacup about half full of cold or lukewarm water, and take in substance. They may be taken before or after meals, and at bedtime, and more frequently if necessary. In some cases, larger doses should be prepared with boiling water, and drank warm on going to bed. Soaking the feet in water as warm as can be borne, will be found beneficial.

SPICED BITTERS.

The spiced bitters are a mild and agreeable stimulant and tonic, and have proved highly beneficial in the way of improving the appetite, and strengthening digestion. They may be employed with benefit in almost all cases of debility, and especially in recovering from sickness.

A dose of spiced bitters taken occasionally in sickly seasons, is good to support the constitution against attacks of disease. They may be taken with perfect safety.

To prepare them for taking.—Pour a teacup half or two-thirds full of boiling water upon a large tea-

spoonful of the powder, and drink warm ; or, mix a teaspoonful of powder in either lukewarm, or cold water, and swallow the powder in this way. To be taken either before or after meals, and at any time when the state of the system requires a mild stimulant or tonic.

In extreme cases of debility, or obstinate dyspepsia, more powerful medicines will be required.

The spiced bitters in the proportion of a large teaspoonful to a pint of boiling water, and a tablespoonful of sugar added, makes a pleasant drink, and furnishes an agreeable substitute for tea and coffee at meals. Dyspeptics would find it much to their benefit to employ this in the place of either strong coffee, green tea, or cold water.

CONSERVE OF HOLLYHOCK.

This preparation possesses expectorant, stimulating, and slightly tonic properties. It is an invaluable medicine for ordinary colds and coughs, sore throat, pain in the breast, &c. It is warming and strengthening to the system, and perfectly free from any deleterious qualities.

The conserve of hollyhock will relieve distress from indigestion, and being always ready for taking, it forms a valuable medicine for persons travelling, as it may be carried about the person, and convenient to be taken at any time.

In bronchitis, and chronic affections of the throat, the conserve may be kept almost constantly in the mouth, the patient swallowing it as it dissolves, by which a regular stimulating impression is made on

the diseased parts. In long standing cases of disease of the throat or lungs, the conserve may be rendered more efficient by saturating it with the balsam of Tolu.

In dropsical affections, where it is desirable to avoid much liquid, the conserve is a very convenient form of administering a mild tonic. Not that this preparation is sufficient of itself to effect a cure in such cases, excepting those of a very mild character, but it is to be used as an auxiliary.

The feeling of faintness to which many persons are subject when the stomach is empty, is relieved by taking the conserve.

The quantity proper to be taken at a time, may be from that of the size of a chesnut to that of a hickory nut. Made into pills, it may be given to children in custard, or roasted apple.

WORMWOOD.

This garden shrub possesses the bitter principle in a high degree, and is suited to cases of general debility, and feeble digestion. It should be prepared by steeping in hot water; boiling it, impairs its tonic powers.

An infusion, made by steeping wormwood and hickory ashes, in about equal proportions, is often used to strengthen digestion, and to correct acidity of the stomach.

Wormwood is applied externally, by way of fomentation, steeped in vinegar. Swelled and painful breast, sprains, bruises, &c., are the kind of ailments to which this application is suited.

APOCYNUM ANDROSEMIFOLIUM.***Bitter Root—Indian Hemp—Wandering Milkweed.***

Although Dr. Samuel Thomson recommends bitter root as a medicine, in his original guide, he abandoned the use of it in his own practice many years before his death. It is an active cathartic, and extremely liable, if taken in purgative doses, to prove injurious. If used at all, it should be given in small doses; not sufficient to purge. It is employed in the regular practice, for dropsy of the brain in children. Dr. Logan recommends the addition of a small portion of bitter root to the No. 4 bitters, for cases of obstinate costiveness. It may prove beneficial in some chronic cases, given in this way. Combined with other articles, it may be given in jaundice, rheumatism, dropsy, and dyspepsia.

NERVINES.

*To quiet Restlessness, calm Nervous Agitation,
and promote Sleep.*

**CYPRIPEDIUM HUMILE—PUBESCENS—PAR-
VIFLORUM—CONDIDUM, AND SPECTA-
BILE.**

American Valerian.**NERVE POWDER.**

The nerve powder is a valuable remedy in nervous affections. It is good to quiet the nerves, and promote sleep. It is entirely harmless, and may be

used in all cases of disease with safety. The powder is usually combined with the emetic, in giving a course of medicine, particularly when the patient is of a nervous temperament. From half to a teaspoonful may be given to each dose of the emetic. In ordinary cases, from a half to a teaspoonful should be taken in warm water, or, what is much better, in composition, or spiced bitters tea.

SCUTELLARIA LATERIFLORA.

Scullcap.

This herb has recently been introduced into use as a nervine. It is found growing in meadows, and along streams of water. There is a species of scullcap found upon upland, particularly in stubble fields; whereas, the species employed for medical purposes is found only in low, marshy land.

I have not made sufficient trial of the scullcap to form an opinion as to its medicinal powers. It certainly possesses tonic properties; and it may be that its powers of quieting nervous agitation, and tranquilizing nervous excitement, depend simply upon its tonic properties. New remedies are apt to be overrated when first introduced; more especially by those who claim the honor of introducing them. Still, from testimony adduced in favor of the scutellaria, I do not doubt that its introduction into our materia medica may be a valuable acquisition.

The top of the plant is the part employed; which should be collected when the plant is in blossom, carefully dried, and preserved from the air. It may

be taken prepared in the same manner, and for the same purposes as Thomson's nerve powders.

HOPS.

Hop tea may be used with benefit as a means of quieting nervous agitation, and promoting sleep. Hops are most employed in protracted fever, and delirium tremens (craziness from drink).

The yellow powder, which may be readily obtained from hops by rubbing and sifting them, contains the active principle of the hop. This powder, called lupulin, by being rubbed up in a warm mortar, will form a paste, which may be made into pills, and taken for the purposes above mentioned.

Pills, composed of equal parts of lupuline and quinine, constitute an efficient tonic for the cure of intermittent fever.

Dose.—From fifteen to twenty pills of the ordinary size may be taken in the space of two hours, previous to the time at which the chill comes on.

GARLIC.

This article affords an agreeable and useful stimulant to the nervous system, in many cases of nervous debility; especially in gouty persons, and when the system has become debilitated by intemperance. "To stomachs enfeebled by excess of stimulation, garlic proves exceedingly cordial; and it may be remarked, that drunkards recur to it, as it were, instinctively."

Nervines are not to be relied upon as a cure for nervous complaints.

The complaints popularly called "nervous affections," such as hysteria, in its different varieties, St. Vitus's dance, nervous agitation, depression of spirits, &c., are frequently caused by impaired digestion, and an unhealthy condition of the mucous membrane of the stomach and bowels; and are curable only by a course of treatment that will restore the digestion, enrich the blood, and in this way improve the condition of the nervous system.

ASCLEPAIS TUBEROSA.

Butterfly Weed.

"The root of the *asclepais tuberosa* is diaphoretic and expectorant, without being stimulant. In large doses it is often cathartic. In the Southern States it has long been employed by regular practitioners in catarrh, pneumonia, pleurisy, consumption, and other pectoral affections; and it appears to be decidedly useful if employed in the early stages." * *

"Its popular name of *pleurisy root* expresses the estimation in which it is held in this disease." * *

"Much testimony might be advanced in proof of its possessing very considerable diaphoretic powers. It is also said to be gently tonic, and has been popularly employed in pains in the stomach, arising from flatulence and indigestion."—*U. S. Dispensatory.*

The dose of the pulverized root, for an adult, is from a half to a teaspoonful; but when employed for inducing perspiration it should be taken in decoction. It may be used freely.

CELASTRUS SCANDENS.

Bitter Sweet.

"The *celastrus scandens* is a woody vine, attaining in favorable situations the height of thirty or forty feet. It twines around the branches of trees, similar to the grape vine, and creeps upon hedges, fences, and rocks. It has various names, as staff tree, red root, fever twig, and wax wood. It is common throughout the Northern and Southern States, thriving most luxuriantly in a rich, damp soil.

A decoction of the root of the bitter sweet has been given with apparent benefit in cases of skin disease. The bark is also used in making the preparation called "*Nerve Ointment*," by Dr. Thomson.

The *solanum dulcamara*, or woody night shade, is sometimes confounded with this plant, because the name of bitter sweet is common to them both.

HERACLEUM LANATUM.

Masterwort.

Masterwort is reputed to possess laxative, expectorant, and carminative properties. It has been employed in cases of cold, asthma, catarrh, colic, epilepsy, &c. It is taken in decoction and powder. Dr. Beach says, "take a teacupful of the tea three times a day." For epilepsy, "two or three drachms of the pulverized root to be taken daily, for a long time, and a strong infusion of the leaves to be drank at bedtime.—*Thatcher's Dispensatory.*

SWEET MARJORAM.

This herb is used more for culinary than for medicinal purposes. It possesses some tonic and stimulant properties. A warm decoction of the plant taken, will hasten the appearance of the eruption in measles, and its use also tends to keep the eruption on the surface. It is best not to depend on this article alone in cases of measles, but rather use it as an auxiliary.

ANTHEMIS COTULA.

Mayweed.

Mayweed is not much used in medicine. Its properties much resemble those of chamomile, but it is more unpleasant to the taste. It is said to be an excellent remedy for sudden colds, and slight attacks of disease where it is desirable to produce perspiration. Two or more teacupsful of the warm tea should be taken on going to bed.

VERBASCUM THAPSUS.

Mullein.

The leaves of mullein are mucilaginous and bitter, and are sometimes employed as an emollient poultice. Boiled in vinegar, or bruised, and saturated with rheumatic drops, they may be applied with advantage to offensive sores, swellings, and

contracted sinews. A decoction of the leaves, prepared with new milk, and sweetened with "loaf" sugar, is used as a remedy in diarrhœa, and dysentery. A distinguished medical gentleman informs me, that he was once travelling in the West when he fell in with an Indian doctor, who assured him that he had cured numerous cases of consumption by giving a tea of mullein leaves at bedtime.—*Mattson's American Vegetable Practice.*

MALVA ROTUNDIFOLIÆ

Mallows—Cheese Mallows.

This plant is very mucilaginous, and is used in cases where mucilages are required, such as dysentery, and affections of the lungs and urinary organs. A thick mucilage mixed with lard, forms an excellent ointment for chapped hands. The hand should be rubbed with the ointment at bedtime, and covered with gloves. An injection, composed of a teacupful of mucilage, taken before a stool, will afford much relief to those afflicted with piles. The injection should be taken about blood warm. It forms a very excellent soothing poultice.

PODOPHYLLUM PELTATUM.

Mandrake—May Apple.

Mandrake, says the *U. S. Dispensatory*, "is an active and certain cathartic, producing copious li-

quid discharges without much griping, or other unpleasant effect. In some cases it has given rise to nausea, and even vomiting, but the same result is occasionally experienced from every active cathartic. Its operation resembles that of jalap, but is rather slower, and it is thought by some to be more drastic."

Thomson considers it poison, and entirely unfit for medicine.

Mattson, in his *American Vegetable Practice*, says, "were I disposed to use a cathartic, there are many which I would select in preference to the mandrake, as I have met with several cases in which it has been productive of serious injury." There are practitioners, however, who think it a valuable medicine in cases of dropsy, &c.

For a cathartic, it is taken in powder, say, from half to a teaspoonful; the best time to take it is on going to bed.

TRILLIUM PENDULUM.

Beth Root.

Beth root is astringent, tonic, and antiseptic. It is employed in fluor albus, uterine hemorrhage, excursive menstrual discharge, spitting blood, cough, and asthmatic affections.

The dose is a teaspoonful of the powdered root steeped in hot water.

ACTŒA RACEMOSA.*Black Snake-root—Black Cohosh—Rattle Root.*

Black snake-root operates as a tonic and nervine, and is considered by some as a good antispasmodic. It is used for affections of the skin, kidneys, lungs, and uterus; also, for rheumatism, dropsy, hysteria, St. Vitus' dance, and to increase labor pains in parturition. It is, perhaps, employed in pulmonary affection more than any other affection.

It may be given in substance or decoction. An even teaspoonful of the powdered root may be given two or three times a day, or an ounce of the bruised root may be boiled a short time in a pint of water, and half a teacupful of the tea given several times a day.

LEPTANDRIA VIRGINICA.*Black Root—Bowman Root—Culver's Physic.*

This root is cathartic, and is said to operate mildly, and without prostrating the vital powers as much as purgatives in general.

The dose is a teaspoonful of the powdered root, prepared by steeping in a teacup half full of boiling water, sweeten to the taste, and, if necessary, repeat in about three hours. It is used by some, in small doses, in fevers.

Black root, bitter root, and all other articles that are used for cathartics, many of the Thomsonians have entirely discarded as injurious.

PRINOS VERTICILLATUS.

Black Alder.

Black alder bark is employed in a variety of affections. The tea is given to children for worms, skin disease, ague and fever, general debility of the system, &c.; the strong decoction is also used to wash indolent ulcers, or eruptions of the skin, and is, by some, highly approved as a poultice for ill-conditioned ulcers, or biles.

The tea may be drank freely.

SANGUINARIA CANADENSIS.

Blood Root.

The *U. S. Dispensatory* says, blood root "is an acrid emetic, with stimulant and narcotic powers. In small doses it excites the stomach, and accelerates the circulation; more largely given, it produces nausea, and consequent depression of the pulse; and in full doses, occasions active vomiting. The effects of an over dose, are violent emesis, a burning sensation in the stomach, faintness, vertigo, dimness of vision, and alarming prostration." It has been used in inflammation of the lungs, catarrh, croup, asthma, rheumatism, and some other affections where an emetic or nauseant is required; but it is inferior to lobelia for either of the above named purposes.

It is, however, a valuable remedy for polypus of the nose, for the cure of which the powdered root should be frequently snuffed up the nostrils.

Steeped in vinegar, it is used for the cure of ring-worms, tetter, warts, &c.

The dose of blood root, as an emetic, is from "ten to twenty grains (a small teaspoon contains about twenty grains), given in powder or pill." For other purposes, from one to five grains are given, and the dose repeated, as the case may require.

CARDUS BENEDICTUS.

Blessed Thistle—Holy Thistle.

"The blessed thistle may be so administered as to prove tonic, diaphoretic, or emetic. The cold infusion, made with half an ounce (about half a handful) of the leaves to a pint of water, has been employed as a mild tonic in debilitated conditions of the stomach. A stronger infusion, taken warm while the patient is confined to the bed, produces copious perspiration. A still stronger infusion or decoction, taken in large draughts, provokes vomiting, and has been used to assist the operation of emetics. The herb, however, is at present but little employed, as all its beneficial effects may be obtained from chamomile."—*U. S. Dispensatory.*

IRIS VERSICOLOR.

Blue Flag.

Blue flag, like most of the species of the same genus, possess cathartic, emetic, and diuretic pro-

perties. It is sometimes employed in dropsy. It produces distressing nausea, and prostration, when taken in sufficient quantities to produce purging. It may be given in decoction, tincture, or in substance. The dose of the dry root is from ten to twenty grains. Thomsonians reject this article, and probably they are right in so doing.

ARCTIUM LAPPA.

Burdock.

Burdock root has been recommended in gouty, rheumatic, venereal, scrofulous, dropsical, and affections of similar character.

Dr. Comfort, in his *Thomsonian Practice*, says, "Burdock root, cut in thin slices, and put into sound cider, adding a small portion of mustard seed and horseradish, furnishes a wholesome drink; and in certain conditions of the stomach, where the patient has a desire for cider, as is often the case after fevers, this preparation may be found not only grateful, but it will also strengthen the digestive functions. In dropsy, after the stomach has been cleansed, and the patient has passed through a course of general constitutional treatment, this cider preparation will generally prove beneficial, giving tone to the stomach, and promoting the secretion of urine. Burdock root, steeped in boiling water, and the tea drank freely, is good in cases of scrofulous humors. Severe cases of scrofulous sore eyes have been cured by the free use of this tea, taken internally, and using the tea as a wash to the part

affected." The seed are diuretic, and have been used for the same complaints as the root. The dose of the seed is an even teaspoonful, in powder or decoction.

JUGLANS CINEREA.

Butternut—White Walnut.

Butternut is a mild cathartic, resembling rhubarb in its operation. It is sometimes used in decoction, but generally in the form of syrup, or pills made of the extract. For an adult, one tablespoonful of the syrup should be taken every morning and evening, until it operates gently on the bowels; children should begin with half a teaspoonful, and increase the quantity, if necessary, until the desired effect is produced.

Butternut has been used in small doses for habitual costiveness. Dr. Samuel Thomson, in the early part of his practice, employed the butternut syrup to expel worms from children, but for many years toward the close of his life he discarded the article as injurious.

BUTTERNUT SYRUP.

"This preparation (says H. Howard) is mild, but highly efficacious for the bowel complaints of children or adults, and will cure without giving enough to operate as physic; but for dysentery and worms, enough should be administered to operate upon the bowels." The dose for an adult is from one to two tablespoonfuls; for a child, from half a teaspoonful to two teaspoonfuls.

VACCINIUM OXYCOCCOS.

Cramp Bark—High Cranberry Bark.

Cramp bark appears to be but little known or used. It is said to be an excellent remedy for cramps or spasms. A strong tea should be made of the bark, and drank freely.

CHELIDONIUM MAJUS.

Garden Celandine.

Celandine possesses cathartic and diuretic properties. It is, by some, considered poison, and is but little used, except in ointment or tincture, and then locally, for salt rheum, ringworms, tetter, piles, &c. The juice of the green plant is said to be serviceable in curing warts and corns.

CRAWLEY, OR DRAGON'S CLAW.

Crawley root is so very scarce and difficult to procure, that there has not been much opportunity to test its medical qualities in this region of country. There are some botanic practitioners who speak of it in the highest terms, as a remedy in all kinds of fever.

The dose is about a half a teaspoonful of the powdered root, given in a little cold, or lukewarm water, every hour, until a gentle moisture appears upon the surface of the body.

GALIUM APERINE.*Cleavers—Goose Grass.*

Cleavers have been used for a variety of diseases. They are a favorite remedy for suppression of urine, gravel complaints, inflammation of the urethra, or neck of the bladder, &c. The tea should be made strong, and drank freely. It should be prepared by being steeped in warm, and not boiling water.

MITCHELLA REPENS.*Checker Berry—Partridge Berry—Squaw Vine.*

This plant has been much used by some tribes of Indians. The squaw drank a decoction of it for two or three weeks before and during confinement. It is also esteemed, by some, as a remedy for diarrhœa and piles. It may be prepared by steeping in boiling water, or by boiling it in sweet milk, and drinking it freely.

ASTER PUNICEUS.*Cocash—Squaw Weed.*

The root and leaves are employed in rheumatism, sudden colds, nervous debility, dizziness, headache, irregular menstrual discharges, &c.

It should be taken in decoction, prepared by steeping in hot water. It is entirely innocent, and may be taken freely. It is an agreeable, mild stimulant.

TUSSILAGO FARFARA.

Colt's Foot.

This plant is generally considered to exercise but little sensible influence on the human system. It is, however, sometimes used in chronic coughs, consumption, and other affections of the lungs. It is usually administered in the form of decoction. An ounce or two of the plant may be boiled in two pints of water to one pint, and a teacupful of the tea given several times a day.

Wild ginger, Canada snake root (*asarum Canadense*), in some sections of the country, is called colt's foot.

SYMPHYTUM OFFICINALE.

Comfrey.

Comfrey root is useful in coughs, and affections of the lungs. It is principally employed in combination with other articles to form a syrup, or cough mixture. It is also boiled in milk, or water, and the mucilage which is produced given for diarrhœa, dysentery, and soreness of the stomach or bowels.

LIASTRIS SPICATA.

Button Snake Root—Colic Root.

"Button snake root," says Dr. Howard, "is a warming stimulant, diuretic, sudorific, carminative,

and anodyne. The root is used in colic, backache, dropsy, &c. It may be given in tea alone, or advantageously combined with other articles." The dose of the powdered root is about a teaspoonful, taken in substance or decoction.

DANCUS CAROTA.

Wild Carrot Seed.

Wild carrot seeds are diuretic. They are very useful in gravel complaints, assisting in the passage of the stone from the kidneys and bladder. The *U. S. Dispensatory* says, "as they possess, to a certain extent, the cordial properties of the aromatics, they are especially adapted to cases of dropsy in which the stomach is enfeebled. They are said to afford relief in stranguary from blisters." About one teaspoonful of the bruised seed may be taken at a dose, or a pint of tea made from an ounce of the seed may be drank through the day.

Dr. Beach recommends a strong tea made of the seed and plant, drank warm through the day, for gravel.

The root possesses the same properties as the seeds, and may be used for the same purposes.

The root of the garden carrot, bruised or scraped, has obtained much reputation as a poultice in cancerous ulcers, boils, or other inflammatory sores.

NEPETA CATARIA.

Catnip—Catmint.

This herb is stimulating, and tonic. The tea from the leaves and blossoms promotes perspiration. It may be given to advantage in colds, suppression of menses, and slight attacks of fever, hysteria, &c. It is a favorite remedy for colic in children.

LEONTODON TARAXACUM.

Dandelion.

Dandelion root is tonic, diuretic, and laxative; and is thought to have a specific action on the liver, exciting to secretion when languid; hence its value in chronic affections of that organ, and the various diseases dependent on a morbid or inactive state of the liver. It is also employed for gravel, affections of the kidneys, and for dropsical affections, when that disease is dependent on obstruction of the abdominal viscera, &c.

To prepare a decoction, boil about two ounces, or a small handful of the dry roots, in a quart of soft water, until it is reduced near one half. The dose of this is a wineglassful two or three times a day. Some persons chew the root frequently during the day, in preference to taking it in decoction.

RUMEX CRISPUS.

Yellow Dock—Sour Dock—Narrow Leaf Dock.

Dr. S. Thomson recommends dock root as being very serviceable in itch. He says, "the roots should be bruised fine in a mortar, and put in a pewter basin; add cream to make an ointment; keep it warm for twelve hours; be careful not to scald it. Rub it on at night when going to bed." A few times using it will generally effect a cure. A decoction of the root is also drank for eruptions of the skin, scrofulous affections, cancers, syphilis, &c. About one ounce of the dry roots may be boiled in a pint of water, and about two-thirds of a teacupful taken at a time, and repeated as the stomach can bear it. The powdered root is used as a dentifrice when the gums are spongy.

 CORNUS FLORIDA.

Dogwood Bark.

This bark is tonic and astringent. Its medical properties are considered analogous to Peruvian bark, and it is employed as a substitute for that article in fevers. It is used in decoction, powder, and extract, but generally in decoction.

If the powder be preferred, from one to two ounces should be taken, in small doses, between the paroxysms; if the decoction is used, a strong tea should be taken during the intermission of the fever. The flowers may be used in place of the bark.

CUNILA MARIANA.

Dittany.

Dittany is a gentle stimulant, analogous to mint, pennyroyal, &c. A warm decoction is employed to excite perspiration in colds, and slight fevers; to promote menstruation; to expel wind, in colic, and for other purposes where aromatic herbs are applicable.

STAMBUCUS CANADENSIS.

Elder Blossom.

“The flowers are aperient and cooling, and have a tendency to the skin. They are useful in the thirst, feverishness, and sore mouth of children. An infusion may be prepared by adding a pint of boiling water to a tablespoonful of the flowers. To a child five years old, half a wineglassful may be given four or five times a day

The inner bark produces watery stools, and in sufficiently large doses operates as an emetic. It is employed by some practitioners in dropsy, and as an alterative in chronic diseases. Those who wish to employ it are directed by the *Dispensatory* to prepare a decoction, by boiling an ounce with two pints of water to a pint. Of this, four fluid-ounces are given to an adult for a dose.”—*Mattson's American Vegetable Practice.*

INULA HELENIUM.

Elecampane.

This root is reputed to possess tonic, diuretic, diaphoretic, and expectorant properties. It has long been used as a remedy in affections of the lungs, such as cough, consumption, and asthma, particularly when the affection is attended with general debility. It has also been used in cases of suppressed menstruation, and as an internal and external remedy in tetter, and other diseases of the skin, &c. It is frequently combined with horehound, comfrey, &c., to form a syrup for cough, &c. The decoction may be prepared by boiling about half an ounce of the root in a pint of water, and given doses of one or two wineglassesful.

CHRYSANTHEMUM PARTHENIUM.

Featherfew—Feverfew.

“The featherfew is a stimulant and tonic, having a fragrant smell, and a bitter, aromatic taste, with a slight degree of pungency. The warm tea is an excellent remedy in colds, and sudden attacks of disease, hysteric complaints, irregularity of the monthly discharges, obstruction of urine, flatulency, dizziness, and unpleasant sensations in the head. It should be prepared by steeping the leaves and flowers, either recent or dried, in hot water. Boiling diminishes some of its active properties. It is perfectly harmless, and may be taken in almost any quantity. The green herb, in the form of a poul-

tice, is a valuable external application in severe pain or swelling of the bowels."

PANAX QUINQUIFOLIUM.

Ginsang.

This root has a tonic influence on a weak stomach, promotes appetite, and gives tone and vigor to the whole system. It is, however, but little used in this country as a medicine. Some persons chew it as a substitute for tobacco. The dose of the powdered root is about one teaspoonful; or the same amount of root may be made into a decoction by boiling in water, and taken three or four times a day.

SOLIDAGO ODORA.

Golden Rod.

This herb is a mild stimulant, and the tea taken warm promotes perspiration. It is good to allay nausea, and to relieve pain in the stomach and bowels, when occasioned by wind. Being pleasant to the taste, it may given to children with ease and benefit. The tea should be made by steeping the plant in a covered vessel. Boiling injures its properties.

COPTUS TRIFOLIA.*Gold Thread.*

The root of gold thread is a valuable remedy in cases of sore mouth, and putrid sore throat. It is generally applied in the form of decoction, as a wash and gargle. Some prefer a saturated tincture. For sore mouth, the root may be chewed with much benefit. It is also taken as a tonic, in doses of about a teaspoonful of the powdered root, or that amount of root in decoction, two or three times a day.

GLECHOMA HEDERACEA.*Ground Ivy.*

Ground ivy appears to have obtained but little reputation as a medicine. It is said to be a gentle stimulant and tonic, and to have some effect on the lungs and kidneys; hence, it has been used in cases of chronic pulmonary, and urinary affections.

The dose is about the eighth part of an ounce, in the form of decoction.

JUNIPERUS COMMUNIS.*Juniper Berries.*

Juniper berries are diuretic, and a gentle stimulant. They are chiefly employed in dropsical complaints, and affections of the urinary organs; they are also used for flatulency.

The berries have a pleasant, aromatic taste, and may be chewed, or two tablespoonsful may be bruised and steeped in a pint of boiling water, and the tea taken, in appropriate doses, in twenty-four hours.

The oil of juniper is employed for the same purpose as the berries; it is taken in doses of from ten to fifteen drops on sugar, three times a day.

GNAPHALIUM PHLYCEPHALUM.

Life Everlasting—Sweet Balsam.

This herb appears to be not very extensively used. It is, however, by some, valued as a remedy in colds, influenza, fevers, consumption, and also in fluor albus. The tea, taken warm, promotes perspiration. By some, it is thought to be an anodyne. The tea is prepared with boiling water, and taken at discretion.

The leaves and blossoms are used as a fomentation in bruises, quinsy, &c., with benefit.

HEPATRIA AMERICANA.

Liverwort.

Liverwort is reported to possess some tonic, astringent, and diuretic properties. It is taken in the form of decoction, for coughs, particularly chronic coughs. It is frequently combined with

comfrey, hoarhound, &c., to form a syrup for affections of the lungs.

The liverwort tea may be taken at discretion.

PULMONARIA OFFICINALIS.

Lungwort.

Lungwort appears to have been but little used in this country ; it is, however, employed by some for catarrh, consumption, and other affections of the chest. It is taken in decoction.

ADIANTUM PEDATUM.

Maiden Hair.

This plant is supposed to possess some expectorant properties, and is taken as an expectorant in chronic catarrh. It may be taken in form of decoction, sweetened with loaf sugar or honey.

FILIX MAS.

Male Fern.

The root of male fern, in former years, was extensively used for expelling worms, particularly the tape worm, but of late years it has not been much employed. It may be taken in form of decoction, which should be prepared by boiling about an

ounce of the root in a pint of water, and taken in doses of about a teacupful before meals ; or one or two teaspoonsful of the powdered root may be taken at a dose.

SPIRÆA TOMENTOSA.

Hardhack.

“ The leaves and flowers are bitter, and prominently astringent. The infusion, combined with cayenne, or rheumatic drops, is good for diarrhœa, and all other bowel complaints. It is also a good tonic, and may be given in cases of debility, and want of appetite. Prepared with sugar and milk, says Rafinsque, it forms a very pleasant drink in the protracted stage of cholera. The same writer observes, that it never disagrees with the stomach. The Mohegan and other tribes of Indians are said to have employed this plant.”—*Matt. A. V. P.*

The tea may be prepared by boiling a handful of the leaves in a pint of water, and given in doses of about a wineglassful.

MARUBIUM VULGARE.

Hoarhound.

Hoarhound possesses some stimulating, tonic, and expectorant properties ; and in large doses operates slightly on the bowels. It is chiefly employed in cases of colds, cough, asthma, hoarse-

ness, and affections of the lungs. It is also used in the form of an extract for jaundice, indigestion, suppressed menses, and worms. To prepare the tea for use, boil a handful of the plant in a pint of water, and give a wineglassful of the tea at a dose.

It is often made into a syrup with loaf sugar or honey.

MONARDA.

Horsemint.

Horsemint is a stimulant, and is employed, like the other mints and aromatic herbs, for the relief of sick stomach, flatulency, colic, &c.

It is used in the form of decoction.

HYSSOPI OFFICINALIS HERBA.

Hyssop.

Hyssop is a warming, mild stimulant, and reputed to possess expectorant properties. It is employed in cases of colds, chronic catarrh, &c. *U. S. Dispensatory* says, "its infusion has been much employed in chronic catarrh, especially in old people, and those of debilitated habit of body. It acts by facilitating the expectoration of the mucus which is too abundantly secreted."

LEONURUS CARDIACA.

Motherwort.

The leaves of this plant have a bitter, balsamic, and herbaceous taste, and is in common use as a tonic, nervine, and diaphoretic. It is useful in chronic headache, hysteria, cramps, and tardy menstruation with its various accompanying symptoms. It is also employed in debility and nervous affections. An infusion, sweetened, may be taken in the dose of half a teacupful or more, and repeat according to the necessity of the case.—*Matson's A. V. P.*

GEUM VIRGINIANUM.

Avens Root—Chocolate Root.

This root is astringent, and tonic. It is used in some parts of the country as a substitute for chocolate. A strong decoction (a teaspoonful to a teacup two-thirds full of boiling water) is used in cases of colic, bleeding at the lungs, dyspepsia, sore mouth, and it is said to be good for uterine hemorrhage, as flooding.

BALM.

A tea made of balm, and drank warm, forms an excellent drink in febrile complaints.

LYCOPUS VIRGINICUS.

Archangel—Bugle Weed—Water Horehound.

This herb is slightly astringent, and tonic, and may be employed with benefit in various forms of disease. It has been found useful in cases of spitting blood, cough, weak breast, palpitation of the heart, and as a tonic in dyspepsia, and weak bowels. It may be used with advantage as a drink in fever.

Directions for use.—To a small handful of the herb pour a pint of boiling water. The tea to be drank cold or warm, as the patient may prefer. Dr. S. Thomson recommends the addition of a small portion of capsicum to the tea. The herb may be chewed and the juice swallowed.

COMFORT'S ANTI-SCORBUTIC.

This preparation is designed to purify the blood, and promote healthy secretions. It is particularly adapted to cases of scrofula, and to that condition of the system which has a tendency to produce biles, felons, running sores, or inflammation from slight injuries; also, for tetters, and other eruptive diseases of the skin. One very important advantage patients may receive from the use of this preparation, in place of the various purifying syrups, is, that they obtain the medicinal virtues of the medicine in its pure state, without the sugar, alcohol, or other spirits, that compose a part of syrups, and which often rather injure than promote health.

Directions.—A tablespoon heaping full of the medicine should be steeped half an hour or more in about half a pint of boiling water. A wineglassful of the tea to be taken about an hour before dinner; another at bed-time; and the remainder of the tea should be taken during the day, at such time as the patient may desire.

It is as necessary that invalids, in order to be restored to health, should observe a proper course of diet and habits, as that they should take medicine. When the stomach is kept overloaded, with even a proper kind of food, it is morally impossible that the patient can be restored to health, or to a healthy condition; or that medicine can be of much real benefit; and when unhealthy articles of food are indulged in, the effect is still worse; hence, it is important that patients do not take into the stomach more food than can be properly digested, and that the food be such as reason and experience teach is the most conducive to health, rather than gratify the taste. Whatever is taken into the stomach that is not required to sustain life, and promote a healthy action, taxes it with labor which must result in injury.

It is difficult to prescribe a diet to suit all conditions, but there are articles it would be well to abstain from, such as coffee, tea, fresh bread or cakes, pastry, pork, veal, and, generally, it is better to take but little or no animal food. The vegetable kingdom furnishes a sufficient variety in the various preparations of rice, wheat, corn, beans, vegetables, and fruit, to supply not only our wants, but also the luxuries of the table.

For tetter, and other diseases of the skin, an ointment may be had of the proprietor of this medicine that will be very beneficial.

A vapor bath occasionally, and a cold water or salt water bath frequently used, will be beneficial.

COMFORT'S HEALING SALVE.

This will be found of great benefit in cases of cuts, wounds, burns, sores, or injuries that require healing, or being protected from the air.

COMTONICA ASPLENIFOLIA.

Sweet Fern.

Sweet fern is an astringent tonic, much used in diarrhœa, and in all cases of looseness of the bowels in children or adults. It makes a very grateful, pleasant tea, with the addition of cream and sugar, which children will seldom refuse.

CROCUS SATIVUS.

Saffron.

Saffron tea is chiefly employed in the nursery or assisting in bringing out eruptions, and in cases of the yellow gum, or jaundice of infants.

BAPTISIA TINCTORIA.

Wild Indigo—Indigo Weed.

The root of the wild indigo was highly recommended by the late Dr. A. C. Logan, as an external application in cases of old sores, and indolent ulcers. Wash the ulcers with a decoction of the root every time it is dressed; and mix some of the root, finely grated or pounded, with slippery elm powder, to form a poultice.

PITH OF SASSAFRAS.

The pith of sassafras abounds in a mucilage or gummey matter which it readily imparts to water. The mucilage is much employed in sore and inflamed eyes, and forms a pleasant and soothing drink in fevers, dysentery, and in colds, where the patient is thirsty and feverish. The mucilage is prepared by pouring boiling water on the pith.

SABINA.

Savine.

“The savine is a native of the South of Europe, and of the Levant. It is said, also, to grow wild in the neighborhood of our North-western lakes.”

Savine is highly stimulant, increasing most of the secretions, especially those of the skin and uterus; the latter of which organs it is supposed

to have a particular direction. It has been much used in amenorrhœa, and occasionally for worms. Dr. Chapman strongly recommends it in chronic rheumatism. It is generally administered in powder; the dose is from five to fifteen grains.

CONVALARIA MULTIFLORA.

Solomon's Seal.

The roots of this plant are said to be a very mild, yet very healing restorative, and useful in all cases of female weakness, such as whites, and immoderate flowing of the menses. It is also recommended for consumption, and general debility. May be used in tea, syrup, or cordial.

POLYGALA SENEGA.

Senega Snake Root.

“Senega is a stimulating expectorant, and diuretic, and in large doses proves emetic and cathartic. It appears, indeed, more or less to excite all the secretions, proving occasionally diaphoretic, emmenagogue, and increasing the flow of saliva. Its action, however, is more especially directed to the lungs; and its expectorant virtues are those for which it is chiefly employed.”

The senega may be most conveniently taken in the form of decoction, or syrup.

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MEUTHEE VERIDIS.

Spearmint.

An infusion of spearmint is useful in the colic of infants, for relieving sick stomach, and promoting perspiration.

CALAMUS.

Sweet Flag.

“Calamus is a stimulant tonic, possessing the ordinary virtues of the aromatics. It may be taken with advantage in pain and uneasiness of the stomach or bowels arising from flatulence. It was in high repute among the ancients, and its virtues are celebrated in the works of Pliny and Dioscorides.

By modern physicians it is much neglected, though well calculated to answer as a substitute for more costly aromatics." A warm infusion may be taken in any quantity.

CHENOPODIUM ANTHELMENTICUM.

Wormseed—Jerusalem Oak.

"The wormseed is a powerful vermifuge medicine, used for worms both in America and Europe. Either the decoction, pulverized seed or oil, may be administered." The seeds may be formed into an electuary by mixing them with honey, or molasses. Half a teaspoonful of the seed may be given two or three times a day to a child of five years old. The dose of the oil is from five to ten drops.

PUMPKIN SEEDS.

A decoction of pumpkin seeds is said by some practitioners to be one of the best drinks in use, for the relief of stranguary and scalding of the urine.

ICTODES FOETIDA.

Skunk Cabbage.

"The roots and seeds of the skunk cabbage are expectorant, antispasmodic, and anti-hysteria."—
 "As an expectorant they are useful in asthma,

cough, consumption, and all affections of the lungs that need medicine of this kind." The roots and seed is most efficient when administered in powder. As an expectorant, half a teaspoonful is a dose for an adult ; as an antispasmodic, a teaspoonful should be given at a time. The dose to be repeated as the circumstances of the case may require. It may be mixed with honey, molasses, or water.

LAURUS BENZOIN.

Spice Wood.

The bark of the spice wood has an aromatic spicy taste. A tea made of the bark and twigs of this bush is agreeable to the taste, and may be used as a general drink in fevers, or in any other complaint when the patient craves drink.

SASSAFRAS BARK.

The bark of the root of sassafras makes a very pleasant tea when not too strong. It is used in some families occasionally in the place of table tea.

A strong decoction of the sassafras is very beneficial as a wash for ulcers ; and the pulverized bark mixed with slippery elm, forms a valuable poultice in cases of foul ulcers and mortification.

ALLSPICE.

“Allspice is a warm grateful aromatic stimulant, much used as a condiment in cooking; and in medicine it is very advantageously substituted for the more costly spices.”

OXALIS STRICTA.

Common Wood Sorrel—Sheep Sorrel.

An extract of this plant is used as a plaster for curing cancers and indolent ulcers.

PINUS CANADENSIS.

Hemlock Tree.

“The inner bark of the hemlock tree affords a very good astringent, which may be employed in all cases where articles of that class are indicated.—The leaves and boughs are famed for producing perspiration by drinking the tea and setting over the steam. The oil and essence are a good stimulant and tonic, useful in colds. The oil is also a valuable ingredient in bathing drops.”

PLANTAGA MAJOR.

Plaintain.

The leaves of plaintain are used as an antidote to poisonous bites and stings. The green leaves bruised are reported to be especially beneficial as a poultice in ordinary swellings and in piles.

POLYGONUM PUNCTATUM.

Smartweed.

“This valuable plant grows almost everywhere near the habitations of man. It is a powerful antiseptic, and allays inflammation, cold swellings, particularly such as effect the knee joint, and dissolves congealed blood in bruises, &c. For these purposes, it should be applied in strong decoction, and poultice.”

A tea of smartweed is an excellent remedy in bowel complaints, and cholera morbus.

PEACH TREE LEAVES.

A decoction of peach tree leaves is highly applauded in Dr. J. Thomson's *Materia Medica*, as a tonic, anthelmintic, and aperient. It is also recommended in cases of bloody urine.

OSMUNDA REGALIS.

Buck Horn Brake.

“The root of the buck horn brake is a valuable article in dysentery, or a sore, tender state of the stomach and bowels. Steeped in hot water, and sweetened with loaf sugar, with the addition of Holland gin sufficient to preserve it, it makes an excellent article to be used in the cases above mentioned, and is good also in female weaknesses.”—
J. Thomson.

ALTHEA ROSEA.

Hollyhock.

“A tea of the hollyhock flowers may be employed in inflammation of the mucous membrane, or soreness of any part of the alimentary canal.”—*John Thomson.*

VERBENA HASTATA.

Blue and White Vervain..

“Vervain is good as an emetic, and in that respect ranks next to lobelia. The two may be mixed, or the vervain may be used alone when lobelia cannot be had.”—*J. Thomson.*

SATURIA HORTENSIS.

Summer Savory.

This herb is used for culinary purposes. A warm infusion drank freely is very good to promote perspiration, and to settle a sick stomach.

PEPPER SAUCE.

Pepper sauce is chiefly used at the table, and many persons find it agreeable to the stomach and to strengthen digestion. It was often used by Samuel Thomson for medical purposes—especially

in bowel complaints in hot weather, when there is a strong tendency to putrescency in food that the stomach cannot digest properly.

EUPATORIUM PERPUREUM.

Queen of the Valley—Gravel Root.

The root of this plant is held in high estimation by many as a diuretic in gravel, dropsy, gout, and rheumatism. A decoction of the root is recommended to be taken freely.

RUTÆ FOLIA.

Rue Leaves.

Rue is stimulant and antispasmodic, and like most other substances which excite the circulation occasionally increases the secretions, especially when they are deficient from debility. It is sometimes used in hysterical affections, flatulent colic, and amenorrhœa—particularly in the last complaint. It has also been given for worms. It may be taken in the form of a tincture or infusion.

SALVIA OFFICINALIS FOLIA.

Sage Leaves.

Sage is seldom used for any other purpose than as a condiment. Sage tea, with borax and honey,

is a popular remedy for sore mouth. It is also deemed very useful in checking night sweats.

COUGH POWDER.

This preparation, originally compounded by Dr. Thomson, is good to relieve hard cough. The powder is taken in warm water. Syrups are usually taken in preference to powders; but there are cases where these powders are more effectual than cough syrups.

COUGH LOZENGES.

Cough mixtures in the form of lozenges are convenient, as they may be carried without any difficulty, and taken as they may be needed, when travelling or attending to ordinary business.

CUNILA MARINA.

Dittany—Mountain Mint—Stone Mint—Sweet Basil, &c.

Dittany is deemed stimulant, tonic, nervine, and sudorific. The whole plant is used, commonly in warm infusion, and is a popular remedy in many parts of the country for colds, headache, hysterical affections, fevers, and in all cases where it is an object to excite perspiration.

BALSAM FIR.

Balsam fir is used as a stimulating diuretic, and for seated complaints of the urinary passages; also for ulceration of the bowels, and chronic catarrh.

This article may be taken in the form of pills, mixed with powdered liquorice root; or it may be rubbed up with sugar, or gum Arabic. The dose is from five drops to a teaspoon half full.

CANCER PLASTER.

This plaster will effectually cure some forms of cancer, and has been employed with especial benefit in old sores and indolent ulcers.

PURIFIED CHARCOAL POWDER.

Charcoal possesses, when properly prepared, antiseptic and absorbent properties to a remarkable degree. But in order to be possessed of these properties it must, after being reduced to a fine powder, undergo a process of purification, and then be kept from the air, in closely stopped vials or bottles.

Costiveness may be overcome in many instances by taking a deserts spoonful of charcoal, mixed in water, every morning, fasting. It is the general opinion among medical men, that charcoal relieves constipation, by operating as a mechanical stimulant to the mucous membrane of the bowels.

For sour stomach and heart-burn, charcoal is safe and very effectual, at least in relieving the symp-

toms for the time ; and by improving the condition of the bowels, lessens the tendency to an accumulation of acid in the stomach.

Foul breath can be corrected by the use of charcoal.

In dysentery, charcoal may be used with entire safety, and proves beneficial in relieving to a greater or less extent the obstinate constipation attendant on this form of disease, without harassing the bowels, as do all purgative medicines. It has also been found effectual in correcting the fœtor of the stools.

In the summer complaints of infants, when the passages are unusually offensive, charcoal may be given, either prepared in water sweetened, or with boiled milk.

In dyspepsia, accompanied with flatulency and sour or fœtid eructations, charcoal will be found to afford relief.

“As a remedy in obstinate constipation, Doctor Daniels, of Savannah, speaks of it in high terms, and reports fourteen or fifteen cases as occurring in his practice in which it proved successful. He also found it a useful remedy in the nausea and confined state of the bowels which usually attend pregnancy.”—*U. S. Dispensatory*.

As a preventive to disease, charcoal is held in high estimation by many who have made free use of it in the South and West, where disease (called fevers) prevail to a great extent. It should be taken in the morning, fasting.

In foul ulcers and gangrene, charcoal combined with elm and composition powder or bayberry, made into a poultice, will be as useful as any other form of poultice that can be applied.

Very good tooth powder may be prepared by mixing charcoal made of burned bread or coconut shell with prepared chalk.

A gentleman informed me a few days since that he had been afflicted with a severe form of piles and obstinate constipation of the bowels for two years, and that he had found more relief from the use of charcoal than from any remedy he had ever used. He had then been using the charcoal about two weeks, taking a deserts spoonful of vegetable stimulant (a preparation of cayenne and ginger), and then mixed with cold water, every morning before breakfast and before dinner. The charcoal might be taken without the stimulant.

CLOVES.

Ground cloves are used in many of the preparations of both old school and new school practitioners. The article is adulterated by spice grinders and druggists with cake meal. The powdered cloves are sold after the oil has been extracted.

“Cloves are among the most stimulant of the aromatics; but like others of their class, exert less effect upon the system at large, than on the part to which they are immediately applied. They are sometimes administered in substance or infusion to relieve nausea and vomiting, correct flatulence, and excite languid digestion; but their chief use is to assist or modify languid digestion.”

A tea made of cloves and allspice and cinnamon has been used with great advantage in diarrhœa.

LAURIS CINNAMONUM.

Cinnamon Tree.

"Cinnamon is among the most grateful and efficient of the aromatics. It is warm and cordial to the stomach, carminative, astringent; and like most other members of its class, more powerful as a local, than general stimulant. It is seldom, however, prescribed alone, though sometimes capable, when given in powder or infusion, of allaying nausea, checking vomiting, and relieving flatulence."

Cinnamon tea may be administered with benefit to infants and children affected with bowel complaints.

WHITE ENGLISH MUSTARD SEED.

The white English mustard seed, taken in doses of from a teaspoonful to a tablespoonful, once or twice a day, is a good remedy for costiveness, and beneficial in cases of chronic rheumatism, paralysis of the lower extremities, sick headache, and lumbago.

QUERCUS ALBA.

White Oak Bark.

A strong decoction of the white oak bark is often prescribed in the regular practice as an injection in cases of flour albus. It is also highly spoken of by some writers as a wash in gangrene. The bark finely powdered, and combined with slippery elm, constitutes a valuable poultice in old sores, and in cases of mortification.

APIUM PETROSELINUM.

Parsley Root.

Parsley root tea is given as a diuretic for children, and is also used in combination with other diuretics for dropsical affections.

UVA URSI.

Bearberry.

The leaves of this shrub are astringent and tonic. A decoction of the leaves has been found beneficial in gravel, and in complaints where the kidneys have been affected. It is used in regular practice for diabetis, catarrh of the bladder, incontinence of urine, gleet, leucorrhœa, and menorrhagia. The decoction of this plant may be taken with perfect safety, in any reasonable quantity.

ARUM TRIPHYLLUM.

Indian Turnip—Wake Robin.

The Indian turnip is used as an expectorant in common colds, whooping cough, asthma, &c. It is taken in the form of powder, mixed with gum Arabic and sugar, or honey, or in combination with other expectorants.

MENTHA PIPERITA.

Peppermint.

Peppermint is a very grateful aromatic stimulant, much used for all the purposes to which medicines of this class are applied. To allay nausea, to relieve spasmodic pains in the bowels, to expel flatus, to cover the taste, or qualify the nauseating or griping effects of other medicines, are among the most common for these purposes.

HEDEOMA PULEGIOIDES.

Pennyroyal.

This herb, though very common, is very useful, taken in tea, to promote perspiration, and to remove obstructions peculiar to females.

CASSIA MARYLANDICA.

American Senna.

The American senna, like the imported senna, is a mild purgative; but is said by Biglow to be weaker by one-third. It answers all the purposes of the Alexandria senna, and is far cheaper; operates, says Rafinesque, with mildness and certainty, at the dose of an ounce in decoction. The leaves and pods are the parts used.—*Howard's Practice.*

COLINSONIA CANADENSIS.

Stoneroot—Knotroot.

The stoneroot is said to be tonic, carminative, diuretic, and stimulant; being highly prized as an external application to sores; and internally, in the form of decoction, for colic, cramp, and indigestion.

DELPHINIUM CONSOLIDA.

Larkspur.

The flowers of the larkspur, in decoction, is highly prized by some people as a remedy for cholera morbus.

PLANTAGO MAJOR.

Plantain.

The expressed juice of the common plantain leaf is regarded as an antidote to poisonous bites and stings. The bruised leaves are used as a poultice to indolent ulcers, old sores, painful piles, and sore eyes. A tea of the plant is given internally for bowel complaints and bleeding from the lungs.

POTENTILLA CANADENSIS.

Fivefinger—Cinquefoil.

This is a travelling vine, common to old fields, or other poor, uncultivated grounds. A decoction

of this vine with the root is highly beneficial in fevers and night-sweats.

ARNICA.

Leopard's Bane.

An infusion of the leaves and flowers of arnica is much employed by German physicians in intermittent fever, dysentery, diarrhoea, rheumatism, gout, &c. The dose of the infusion for an adult is about a wineglassful, which may be repeated every two or three hours.

Externally the leaves and flowers are used in the form of a poultice, in painful swellings. The tincture of arnica has recently been very extensively used as an external application in acute rheumatism, inflammation, neuralgia, &c.

CARBONATE OF AMMONIA.

“Carbonate of ammonia, recently prepared, is in white, moderately hard, translucent masses, of a striated and crystalline appearance, of a pungent smell, and of a sharp, penetrating taste.”—*U. S. Dispensatory*.

Exposed to the air, carbonate of ammonia soon becomes changed to a white appearance, and in its texture resembles chalk; when it is no longer fit for use as medicine. Carbonate of ammonia should be preserved from the air, by being kept in a glass jar, entirely air-tight; or wrapped in tin foil. By

adopting the latter method, it may be preserved for months in a condition suited to medical purposes.

Medical Properties and Uses.—Carbonate of ammonia is a diffusive stimulant, and powerfully anti-acid. Its use is adapted to exhausted states of the system, as in congestive and typhus fever, and wherever extreme debility prevails.

The dose is from five to ten grains, or about as much of the powdered ammonia as will lie on a ten cent piece. It may be taken dissolved either in water, wine-whey, pepper, or Virginia snake-root tea, or it may be taken in the form of pills. The dose to be repeated every hour or two, as the circumstances of the case demand.

The unpleasant taste of the ammonia may be overcome by dissolving it in gum Arabic water sweetened with loaf sugar, and adding to each dose four or five drops of the oil of cinnamon.

Dr. Eberle states that carbonate of ammonia has been employed with good success in nervous headache.

Either the aqua ammonia, or the spirits of hartshorne, applied to a part stung by a bee, will neutralize the poison—relieving the pain at once, and preventing swelling.

Aqua ammonia is regarded as an antidote to the poison from the bites of rattlesnakes and other venomous reptiles. It is to be kept applied to the wound, and given internally.

CAMPBOR.

Camphor is obtained chiefly from Japan, where it is found in distinct grains, interspersed throughout

the roots and wood of the *laurus camphora*, a forest tree of that country. Camphor exists in small quantities in some native trees and plants of this country—the common sassafras, and in rosemary, sage, peppermint, thyme, starwort, and lavender.

Medical Properties and Uses.—Camphor is a volatile stimulant, and actively antiseptic. “In its primary operation it also allays nervous irritation, quiets restlessness, and produces a general placidity of feeling, which renders it highly useful in certain forms of disease attended with derangement of the nervous functions.” It is used in colic, fainting, sick stomach, &c.

“By its moderately stimulating powers, its diaphoretic tendency, and influence over the nervous system, it is admirably adapted to the treatment of all diseases of a typhoid character, which combine with the enfeebled condition of the system, a frequent, irritated pulse, a dry skin, and much nervous derangement; indicated by restlessness, watchfulness, tremors, subsultus, and low muttered delirium: * * * In a great number of spasmodic and nervous disorders, and complaints of irritation, camphor has been extensively employed. The cases of this nature to which experience has proved it the best adapted, are dysmenorrhœa, puerperal convulsions, and other nervous affections of the puerperal state; and in certain forms of mania—particularly nymphomania; and that arising from the abuse of spirituous liquors.

The dose of camphor is from five to ten grains, or a piece the size of a large grain of corn, rubbed up with loaf-sugar, gum Arabic, and water, or with milk. The dose to be repeated every two or three hours, or at longer or shorter intervals, as the circumstances of the case require.

Camphor tea is made by pouring boiling water upon camphor; but as a portion only of the camphor will dissolve in this way, it forms a weaker preparation than the above. Combining cayenne with the camphor, we have an efficient stimulant. For instance, take a lump of camphor, as large as a chesnut; a teaspoonful of cayenne; pour on half a pint of boiling water, and sweeten it; or employ ginger root in the place of cayenne.

Camphorated Julep.—Take of gum camphor, one drachm; finely-powdered myrrh, thirty grains; sugar, two drachms; water, four ounces. Saturate the camphor with alcohol, or some kind of spirit; then rub the ingredients until thoroughly combined, and add the water. The dose is a tablespoonful for an adult, and a teaspoonful for a child; to be repeated every hour or two, as the nature of the case may require. This preparation, combined with cayenne tea, is particularly well adapted to the treatment of cases of disease, attended with extreme debility;—as in cases of typhoid and putrid fever; confluent small-pox, &c.

Spirits of Camphor.—To make the tincture or spirits of camphor, put four ounces of camphor to a quart of alcohol.

The *dose* of spirits of camphor is from ten drops to a teaspoonful. To prepare for taking, it should first be poured on sugar, afterwards adding warm water.

Camphor, dissolved in oil of turpentine, constitutes a remedy in high repute for toothache, when the tooth is partly decayed. Wet a portion of lint or cotton with the drops, and place it in the cavity of the tooth.

OIL OF TURPENTINE.

THE oil of turpentine is obtained from common turpentine by the process of distillation. Internally, it may sometimes be used with benefit in children affected with worms; and also as an adjuvant remedy in low forms of fever. "There is a particular state of fever, usually attended with much danger, in which we have found this remedy uniformly successful. The condition of things alluded to, is one which occurs in the latter stages of typhoid fever or lingering remittents; in which the tongue having begun to throw off its load of fur in patches, has suddenly ceased to clean itself, and becomes dry and brownish: the skin is at the same time dry, the bowels torpid and distended with flatus, and the patient sometimes affected with slight delirium. Under the use of small doses of the oil of turpentine, frequently repeated, the tongue becomes moist and less coated, the tympanitic state of the bowels disappears, and the patient goes on to recover, as in a favourable case of fever. We are disposed to ascribe the effect to a healthy change, produced by the oil in the ulcerated surface of the intestines."—

U. S. Dispensatory.

The oil of turpentine, given internally, has been found useful in cases of lumbago and sciatica. It has also been employed, with general good success, in severe cases of colic, cramp, and gout in the stomach. A tablespoonful of the oil of turpentine, beat up with the yolk of an egg, and half a pint of warm water added, may be employed with benefit as an *injection*, in severe cases of bilious colic.

Next to the third preparation of lobelia, the oil of turpentine is probably the best remedy, used by

injection, in cases of tympanites (a swollen condition of the abdomen), which often occurs in malignant forms of disease, and in peritoneal inflammation.

A tablespoonful of oil of turpentine, beat up with the yolk of an egg, and a teaspoonful of the mixture taken at a time, and occasionally repeated, is said to have generally proved effectual in checking bleeding from the nose, in typhoid fever.

Oil of turpentine has been much extolled as a remedy for tapeworm, and is one of the most popular medicines for worms in children. It has also been found useful in neuralgia, locked jaw, malignant and chronic dysentery, and in long-standing weakness of the urinary organs. It is not, however, to be considered as a specific for any disease; but, in certain conditions of the system, it may be employed with benefit.

The *dose* is from thirty drops to a teaspoonful. It may be taken dropped on sugar, or combined with mucilage of elm, or gum Arabic and sugar, or simply mixed with water.

The oil of turpentine may also be taken in the shape of pills, by mixing it with powdered liquorice root.

As an external application, it may be usefully employed in combination with Thomson's No. 6, in low forms of fevers, when the skin is colder than natural. This compound also forms a useful application in case of rheumatism and palsy. It is a good application in chilblains, and also in the cure of various species of eruptions.

WHITE TURPENTINE.

White turpentine is chiefly obtained from the Southern States ; more especially from North Carolina and Virginia. It is useful for making strengthening plasters, and may also be taken internally, in the shape of pills, for worms, chronic catarrh, lumbago, and sciatica, and also as a preventive to attacks of bilious colic.

OIL OF AMBER.

“Amber is a kind of fossil resin of vegetable origin, occurring generally in small detached masses, in alluvial deposits, in different parts of the world. It is found chiefly in Prussia, either on the sea-shore, where it is thrown up by the Baltic, or underneath the surface, in the alluvial formations along the coast.”—*U. S. Dispensatory*.

Amber has also been found in Maryland and New Jersey.

Oil of amber is obtained by putting a quantity of powdered amber and an equal weight of sand, into a glass retort, and then applying a gradual heat, by means of a sand-bath ; an oil exudes, which is separated from the other matters, and should be kept in tightly-corked bottles. The oil of amber, thus obtained, is subjected to a process of distillation with water, when it is ready for medicinal purposes.

Medical Properties and Uses.—Rectified oil of amber is an anti-spasmodic and stimulant, useful in hysteria, violent colic, hiccough, and in water-brash, attended with cramps or spasms.

As an external application, it is useful in palsy and chronic rheumatism.

It may also be used with benefit in whooping cough—applied along the course of the spine, morning and evening.

A *dose* of the oil of amber is from five to fifteen drops, rubbed up with a portion of gum Arabic, or slippery elm and sugar, and a portion of water added.

OIL OF HORSEMINT.

Oil of horsemint may be used internally, in cases of colic, heartburn, water-brash, and in gout or spasms in the stomach. The dose is from two to five drops, mixed with sugar and water. The oil of horsemint, applied to the skin, produces a very sudden rubefacient effect—causing redness of the skin, and even blistering.

OIL OF JUNIPER.

Oil of juniper is obtained from juniper berries. It is frequently adulterated with turpentine.

Oil of juniper promotes the secretion of urine, and may be employed with advantage in many cases of dropsy. It has been found useful in other complaints, as in chronic bronchitis, chronic disease of the kidneys, gleet, and fluor albus.

There is a form of dyspepsia in which the oil of juniper has proved highly successful. It is especially adapted to cases of chronic inflammation of

the mucous membrane of the stomach, where there is constant tenderness to pressure at the pit of the stomach.

OIL OF PEPPERMINT.

The oil of peppermint is used to relieve colic, overcome nausea, and check vomiting. The dose of the oil is from one to three drops—first rubbed up with sugar, and then water added.

The Essence of Peppermint is made by combining two ounces of the oil with a pint of alcohol. The dose of the essence is from ten to twenty drops.

OIL OF ANISE-SEED.

The oil obtained from anise-seed is well adapted to colic pains in infants, on account of its mildness. The dose is from three to fifteen drops, rubbed with a small quantity of loaf-sugar, adding a teaspoonful or tablespoonful of hot water.

OIL OF CARAWAY.

Oil of caraway is chiefly employed to disguise the taste of medicine, and is much employed by nostrum venders, to give an agreeable flavour to syrups and pills.

OIL OF SASSAFRAS.

The oil of sassafras is stimulant, carminative, and diaphoretic. It is chiefly employed as an adjuvant to other medicines, to disguise the taste, and render it more acceptable to the stomach. It is sometimes given in cases of flatulency and colic. The dose is from one to three drops for a child, and from five to ten drops for an adult. It should be combined with sugar or gum Arabic.

Oil of sassafras has been used for dissolving gum elastic, and when combined with the gum, constitutes the basis of a celebrated preparation, called "Jewett's Liniment."

OIL OF LAVENDER.

The oil of lavender is used chiefly as a perfume. It possesses stimulant and carminative properties, and may be administered in doses of from three to five drops.

VEGETABLE BALSAMS.

BALSAM COPAIVA.

Balsam copaiva has long been employed as a remedy in gonorrhœa, fluor albus, and in chronic affections of all mucous membranes, when attended with a profuse secretion—particularly chronic bron-

chitis, and chronic diarrhoea. In a favourable condition of the stomach, the use of balsam copaiva is particularly beneficial in the above-named complaints.

The dose of copaiva is from fifteen to thirty drops, repeated three or four times a day. It is usually taken rubbed up with powdered gum Arabic, or powdered elm and sugar, adding a drop or two of the oil of peppermint or cinnamon, to which add a sufficient quantity of water to form it into a consistency convenient to be taken. Another method recommended for taking this medicine is, to drop on it a few drops of a bitter tincture; the copaiva is collected in a globule, and may be swallowed without imparting its peculiar taste to the mouth. Recently, however, the balsam copaiva is taken enclosed in capsules, by which both the taste and odour of the article are completely disguised.

BALSAM TOLU.

Balsam tolu is obtained from a tree growing near Carthagera. It is obtained by making incisions into the trunk of the tree, from which a juice exudes, which is allowed to concrete. On keeping, the balsam becomes hard and brittle, like resin.

The dose is from half to an even teaspoonful of the powdered balsam. "The best form of administration is that of emulsion; made by triturating the balsam with mucilage of gum Arabic and loaf-sugar, and afterwards with water. It may also be taken in the form of tincture, of which the dose is a com-

mon-sized teaspoonful, mixed in some sweetened water, or mucilage. When mixed with water, it immediately becomes white, like milk.

Another way of taking this medicine is, by mixing it with conserve of hollyhock.

Balsam tolu is found beneficial as a remedy in long-standing cough, chronic catarrh, and bronchitis.

FIR BALSAM—CANADA BALSAM.

The tree which furnishes this balsam grows in Maine and Canada. The balsam collects in blisters on the body of the tree; these blisters are pierced, and the liquid received into vessels.

Uses.—Balsam of fir is employed for the same purposes for which balsam copaiva is used. The fir balsam is inferior to the balsam copaiva in point of medicinal powers. The usual dose is about twenty drops. It may be taken rubbed up with a portion of sugar or gum Arabic.

BALSAM PERU.

The Peruvian balsam is used for chronic catarrh, asthma, chronic rheumatism, fluor albus, and constitutes an ingredient in the "German nipple wash."

It may be taken in the same quantity as the balsam copaiva, and prepared in the same manner.

SCABIOUS.

Errigeron Philadelphicum and Errigeron Canadense.

Each of the above species of the errigeron grows plentifully in the fields in the vicinity of Philadelphia. By some, the errigeron is called *fleabane*.

A tea of the scabious is an important remedy in cases of gravel, and inflammation of the neck of the bladder; and may be used freely in complaints of the kidneys and bladder.

The errigeron Canadense is a very effective diuretic, sudorific, emmenagogue, tonic, and pectoral; it is very efficient in uterine disease, almost always agrees with the stomach, and is very beneficial in cases of gout and gravel.—*Dr. A. C. Logan.*

HONEY.

Honey is highly nutritious, and is very useful in many cases of sickness; more especially in complaints of the urinary organs, attended with stoppage of urine, or stranguary. In these cases, it may be employed to sweeten teas with—such as composition, sumac, pipsissewa, scabious, burdock, or any other article that may be employed in those complaints. Some experienced physicians state, that they have found more benefit from the use of honey, than from any other article, in some cases of stranguary and gravel.

Honey disagrees with many persons, taken as food; occasioning severe colic pains. Eating it with milk, however, will prevent any unpleasant effects.

PIPSISSEWA.

Pyrola Umbellata.

This evergreen, of which the tops and roots are both used, possesses some valuable medical properties. A decoction of this plant may be used with benefit as a common drink in scrofulous eruptions, rheumatism, dropsy, and in complaints of the urinary organs in general. Sweetened with honey, and drank freely, it will, in general, promote the discharge of urine, relieve stranguary, and assist expectoration.

In order to obtain the full strength of the pipsissewa in decoction, it should be boiled half an hour, in an earthen vessel.

CUBEBS.

Cubeb berries are the fruit of a running plant, growing in the East Indies.

"Cubebs are gently stimulant, with a special direction to the urinary organs." In Java, this medicine has acquired a high reputation as a cure for gonorrhœa, gleet, fluor albus, &c. The dose of the powder is from twenty to forty grains; or from half to a teaspoonful, taken in warm water, and repeated three or four times a day.

PRICKLY ASH.

Xanthoxylum Fraxineum.

The prickly ash is a bush growing in wet and shady places, and seldom exceeds in height ten feet.

"The leaves are alternate and pinnate, consisting of four or five pairs of leaflets, and an odd terminal one, with a common footstalk, which is sometimes prickly on the back, sometimes unarmed. The leaflets are nearly sessile, ovate, acute, slightly serrate, and somewhat downy on their under surface." "The flowers are small and of a yellow colour, growing in little clusters close to the branches. They appear in May, in advance of the leaves. The seed-vessels have the appearance of berries; and, during the summer, change from a green to a red; in the autumn they assume a brownish colour, and open by three valves: exhibiting a black, polished seed in the centre."—*Mattson*.

"Dr. Bigelow informs us that the *aralia spinosa*, or angelica tree, which grows in the Southern States, is occasionally confounded with the *xanthoxylum fraxineum*; in consequence, partly, of being sometimes called, like the latter, *prickly ash*. Its bark, however, in appearance and flavour, is entirely different from the *xanthoxylum*."—*Wood and Bache*.

The bark and leaves of prickly ash are extremely pungent when chewed. The pulverized bark, seed, and capsules, added to other tonics, constitute a good medicine in cases of rheumatism, where a tonic is wanting. A decoction of these articles alone, or combined with cayenne or composition, may be used in any stage of rheumatism. It is stated that a decoction of the prickly ash bark is a useful remedy in venereal complaints, fluor albus, and in general weakness of the urinary organs. The berries may be used to impart an agreeable flavour to wine bitters.

SARSAPARILLA.

There are various species of sarsaparilla, only a few of which, according to the observation of some travellers, possess any valuable medical properties. The American sarsaparilla appears to be entirely inert. Indeed, the most of that which is imported is of little value ; from which circumstance, no doubt, it has lost its reputation with many as a medicine. "The only criterion of good sarsaparilla which can be relied upon, is its taste. If it have a decidedly acrid impression in the mouth, after having been chewed for a short time, it may be considered efficient ; if otherwise, it is probably inert."

ANTI-DYSPEPTIC PILLS.

These pills contain important medicinal properties, which render them highly beneficial in the cure of dyspepsia in all its different varieties. They act upon the system in perfect harmony with the vital principle—cleansing the mucous membrane of the stomach, promoting the secretions, and moderately stimulating all the vital organs to a more healthful action. It will not do, however, to rely on the use of the anti-dyspeptic pills alone in all cases of dyspepsia ; for instance, where there is severe burning at the pit of the stomach, sour eructations, or obstinate costiveness, the anti-acid powders should be taken in conjunction with the pills ; and then again other patients will require the hot air or steam bath to warm the blood, before medicine will have its desired effect. The use of these pills alone will be sufficient, however, to cure almost any slight case of

dyspepsia, provided proper attention be paid to diet and regimen.

The best time for taking the pills is after meals, and at bed time. The *dose* for an adult is from three to six. A sufficient quantity should be taken to awaken sensibility in the stomach and bowels, and cause the patient to feel more or less nausea, or other unpleasant sensation; for by thus arousing sensibility internally, even though painful to bear, for a time, benefit will be derived thereby.

GUAIAECUM WOOD.

Guaiacum wood is imported to the United States from the West Indies, in the form of logs or billits. It is commonly called *lignum vitæ*. It is possessed of some medicinal properties, and is employed in cases of chronic rheumatism, cutaneous eruptions, and scrofula. The wood is kept by apothecaries in the form of raspings or shavings. The wood yields the greater part of its properties to boiling water. It is seldom, however, administered alone, being mostly combined with other articles, particularly sarsaparilla. The concrete juice of the guaiacum tree, commonly called *gum guaiac*, is employed for the same purposes for which the decoction of the wood is given. It may be taken either finely powdered and mixed with molasses or syrup, or in shape of emulsion with powdered slippery elm, sugar and water, or tincture.

The *dose* of the powder is from half to a teaspoon even full. Guaiac is sometimes added to Thomson's No. 6, and administered internally in cases of rheumatism, gout, or female weakness, mercurial disease, and syphilitic taint of the system.

PRECIPITATED CARBONATE OF IRON.

This preparation is much employed in the old school practice, in chronic diseases—dyspepsia, chlorosis, amenorrhœa, hysteria, and neuralgia, where there is absence of fever, the skin pale, and the system relaxed. It is quite harmless, “always having been regarded as one of the metallic substances friendly to the living system.” “It increases the activity and volume of the pulse, corrects the state of the blood and secretions, and invigorates the whole system.”

The *dose* of the precipitated carbonate of iron is from five to sixty grains; mixed with mucilage of elm or gum Arabic; or, it may be mixed with honey and formed into pills. As a general rule, a teaspoonful, repeated three or four times a day, is the proper quantity for an adult. To be taken after meals. Patients, while using this preparation, should avoid acids and astringents.

IRON PREPARED BY HYDROGEN.

This is a new preparation of iron, which is generally regarded as being more efficacious than the carbonate. The *dose* of that prepared by hydrogen is the same as that of the carbonate.

TINCTURE OF SPEEDWELL.

This is a safe and excellent remedy for tetters, ringworms, poison, and kindred eruption affections. Bathe the parts affected two or three times a day, or more frequently if necessary. Anti-acid powders, or purified charcoal, will assist this medicine in performing a cure.

ACIDS.

VINEGAR.

Medical Properties. Vinegar when taken into the stomach, acts as a refrigerant and diuretic. With this view, it is added to diluent drinks in inflammatory fevers. It is useful in those affections of the urinary organs, attended with a white deposition in the urine, consisting of phosphate of magnesia and ammonia. It is sometimes used as a clyster, diluted with twice or thrice its bulk of water. It has been supposed to be a powerful antidote to the narcotic poisons, but this is probably a mistake. In the case of opium at least, the best authorities unite in considering it worse than useless, as it rather gives activity to the poison than neutralizes it. Externally it is employed as a fomentation or lotion, in bruises and sprains. Diluted with water, it forms the best means of clearing the eye from small particles of lime. Its vapour is inhaled in certain states of sore throat; and is diffused through sick rooms, under the impression that it neutralizes pestilential effluvia, though in fact it has no other effect than to cover unpleasant smells. The dose is from one to four fluidrachms; as a clyster from one to two fluid-ounces.—*U. S. Dispensatory.*

Vinegar and water in equal portions, may be used with especial benefit, as an external application in cases of sore eyes. Wet a soft muslin with vinegar and water, and bind on the eye.

ELIXIR OF VITIROL.

This preparation consists of sulphuric acid, alcohol, and the essential oil of ginger and cinnamon.

I have employed elixir of vitriol with especial benefit in some cases of disease, and though not used in the Thomsonian practice, still there can be no reasonable objection to its employment in the diluted state in which it is given. It may be employed to moderate night sweats, and as a tonic in intermitting fever or ague, particularly when the system is brought into a condition to admit of their use. In hectic fever and consumption attended with urgent thirst, a few drops of the elixir of vitriol, added to a glass of water, will prove grateful to the taste, and tends to check thirst.

The dose of elixir of vitriol is from ten to thirty drops taken in a wineglassful of water, or in ginger or bitter tea. It is often given, combined with a decoction of Peruvian bark, in cases of remitting fever.—*Comfort's Thomsonian Practice.*

ALKALIES—ANTI-ACIDS.

Super-Carbonate of Soda—Bi-Carbonate of Soda.

Soda is obtained from the ashes of sea-weeds. It is subjected to a certain process, by which it becomes purified and well adapted to general use as an anti-acid, in the form of sup. carbonate, or bi-carbonate of soda.

It is a stronger anti-acid than pearlash, and is preferable to the latter on account of not being liable to impurities as pearlash is on exposure to the air, or from long keeping.

Soda is preferable to sal æratus for neutralizing acid, and in assisting the operation of emetics.

Sup. carbonate of soda will generally overcome heartburn, and affords great relief in case of acidity and distress of the stomach after eating. It is a favourite medicine with epicures,

SAL ÆRATUS.

Sal æratus, as it is commonly called, is the bi-carbonate of potassa. It is employed in the place of pearlash, being less liable to impurities than the latter. It is used for the same medical purposes as the sup. carbonate of soda. It is more used by Thomsonians than the sup. carb. soda, and it is more unpleasant to take.

A solution of sal æratus in whiskey (for instance, take a half a pint of whiskey and put into it as much sal æratus as it will dissolve,) is a favourite wash with some practitioners for the cure of scaly eruptions on the surface, constituting one species of tetter.

A solution of sal æratus in water has proved effectual, as stated by Dr. Anderson of Ohio, in curing cholera in children, even when the symptoms were violent and the case dangerous. In these cases, the sal æratus water was given freely, so as to neutralize the acid existing in the stomach and bowels.

HICKORY ASHES.

A tea made by pouring boiling water on hickory ashes, may be employed as an anti-acid when bi-carbonate of soda or sal æratus cannot be obtained. A tea of hickory ashes has been used with much benefit in some cases of dyspepsia attended with a superabundance of acid in the stomach.

The following was a favourite remedy for dyspepsia with the late Dr. Physick:

“A quart of hickory ashes, a teacupful of soot, and a gallon of boiling water.”

Dose.—A wineglassful of the tea immediately after meal.

LIMEWATER.

Limewater is good to neutralize acidity in the stomach, to correct offensive breath, and overcome putrid eructations. A lady of this city informs me that for several years her diet consisted of boiled milk with the addition of about one-fourth its quantity of limewater; almost every other kind of food soured in the stomach, causing distress and vomiting. Persons subject to offensive eructations, which they say taste like rotten eggs, will find especial benefit from the use of limewater. Chronic eruptions in children are generally attended with acidity of the stomach, which may be relieved by the use of lime water. It may be employed with benefit in children who have worms, having the effect, as it is asserted, to dissolve the tenacious mucus in the stomach and bowels which support worms. It is also useful in ordinary bowel complaints of children.

The *dose* of limewater for an adult is from two to four ounces. It should be combined with about an equal portion of milk. The dose to be repeated three or four times a day.

PREPARED CHALK.

Medical Properties and Uses.—Prepared chalk is anti-acid and absorbent, and as such it may be employed with much benefit in diseases attended with a superabundance of acids in stomach and bowels. A teaspoonful of prepared chalk mixed with a teacup half full of strong bayberry or composition tea, sweetened, forms a useful preparation in bowel complaints of children. In severe cases, the use of vapour bath, emetics, and injections, must be chiefly relied upon; prepared chalk is to be employed merely as an auxiliary remedy.

Prepared chalk is beneficial in cases of sore mouth, inflamed and swollen gums, and ulcerated throat. In scarlet fever, more especially when the disease becomes protracted, the throat swollen, and patient feverish, will the prepared chalk prove beneficial. It may likewise be used with advantage as an adjuvant remedy in other forms of fever, particularly where there is a tendency to putrescency, as is very common in the fevers that prevail in warm climates, and during the hot summer months of our own climate.

CROUP SYRUP.

This syrup should be kept on hand where there are children subject to croup. It is a safe remedy and sufficient to cure ordinary attacks of croup. The dose for adults and children is from twenty drops to a teaspoonful, mixed in a small quantity, say from a tablespoonful to a wineglassful of composition, ginger, or bayberry tea, well sweetened. The dose must be repeated every five, ten, or fifteen minutes, as the emergency of the symptoms seem to require, and continued to be repeated until full and complete relief is obtained.

Croup, however, is a form of disease that sometimes demands the most energetic constitutional treatment, such as is described in different Thomsonian works, such as Thomson's, Comfort's, and Mattson's Practice.

COMPOUND SYRUP OF HOREHOUND.

For the relief of cough, hoarseness, soreness of the chest, and the various pulmonary affections proceed-

ing from cold. When the cough is troublesome, from half to a teaspoonful should be taken at a time, and the dose repeated frequently until relief is afforded; and one or two teaspoonsful taken on going to bed. In ordinary cases, one or two teaspoonsful should be taken three or four times a day.

MEADOW FERN OINTMENT.

This ointment is adapted to the cure of cutaneous eruptions: such as itch, scald head, pimples, sore lips, etc. Severe cases of itch have been cured by applying the ointment and drinking a decoction of the plant.

ADHESIVE PLASTER.

Adhesive plaster is especially useful to confine the sides or edges of cuts or wounds together, also for confining poultices to different parts of the body, which it might be inconvenient to bandage.

COMFORT'S STRENGTHENING PLASTER.

These plasters have afforded great relief to persons who suffer from pain and weakness in the side, breast, or back; they are also very serviceable in cases of pain or soreness in the breast, or other part of the body. In most instances the plaster should be removed occasionally, and the part bathed with No. 6 or other stimulant.

THOMSONIAN HEADACHE SNUFF.

This is good for cold in the head, or headache. It is very superior to the ordinary snuff, for producing a flow of the secretions.

COMFORT'S TOOTHACHE DROPS.

Cotton wet with these drops and put in the tooth, or on the gum, is very good to relieve toothache. A piece of wool wet with the drops and put in the ear, is often very serviceable in the cure of earache and toothache.

COMFORT'S EYE WATER.

This is useful for inflamed or sore eyes, and may be used with advantage.

COMFORT'S TOOTH POWDER.

Is free from acid or grit, hence it will not injure the teeth, but is good to cleanse them and sweeten the breath.

COMFORT'S PILE OINTMENT.

This ointment contains actively astringent properties, highly beneficial in the early stage of piles. In severe cases, or in those of long standing, the pile ointment alone will be insufficient to effect a cure.

Constitutional treatment is required in bad cases of piles, such as pointed out in various works on the Thomsonian practice.

COMFORT'S STIMULATING LINIMENT.

This liniment is an active stimulant, and highly beneficial in sprains, bruises, neuralgia, rheumatism, and chronic eruptions. It is especially beneficial applied to the surface, after a vapour bath or course of medicine, in cases of asthma, chronic bronchitis, chronic pleurisy, night sweats, St. Vitus' dance, cholera infantum, and dropsy; and whenever the skin is in a cold or relaxed condition.

TETTER OINTMENT.

This preparation is adapted to the cure of the different varieties of tetter. Tetter is a disease occasioned generally by an unhealthy condition of the stomach, demanding internal as well as external treatment.

Many cases of tetter have been cured by a free use of prepared charcoal, or the anti-acid powders, and taking the compound lobelia pills daily. These remedies may be continued to be taken any length of time without any risk of injury to the system.

Where the use of the above remedies fail, other constitutional treatment should be employed, such as is recommended in Comfort's Thomsonian Practice.

COMFORT'S HAIR TONIC.

This preparation has proved very serviceable in removing dandruff from the head, and by producing a healthy action in the skin, prevents its accumulation. Persons who are troubled with dandruff would do well to try it.

ARGENTI NITRAS.

Nitrate of Silver—Lunar Caustic.

Externally, this salt is employed as a stimulant and escharotic, either dissolved in distilled water, or in the solid state. In the proportion of about half a grain to the fluidounce of water, it has been recommended as a mouth wash, for healing ulcers produced by the use of mercurials. Dissolved to the extent of from one to five grains in the same quantity of water, it is used for the purpose of stimulating indolent ulcers, and as an injection for fistulous sores. A solution containing two grains to the fluidounce is an excellent application in ophthalmia with ulcers of the cornea, in fetid discharges from the external meatus of the ear, in aphthous affections of the mouth, and in spongy gums. It is in general most conveniently applied to ulcers by means of a camel's hair pencil. A drachm of the salt dissolved in a fluidounce of water, forms an escharotic solution, which may often be resorted to with great advantage. But nitrate of silver is most frequently employed, as an escharotic, in the solid state; and as it is not deliquescent, nor apt to spread, it forms the most manageable caustic that can be used. It is employed to destroy strictures in the urethra, warts, fungous flesh

and excrescences, incipient chancres, and the surface of other unhealthy ulcers. It forms a most efficacious application to certain ulcerations in the throat. Mr. Higginbottom insists upon its efficacy when freely applied to ulcers, so as to cover them with an eschar, as an excellent means of expediting their cicatrization. He alleges, that if an adherent eschar is formed, the parts underneath heal before it falls off.

MYRISTICA. MACIS.

Nutmeg. Mace.

Nutmeg and mace combine with their aromatic properties considerable narcotic power.

These articles are extensively used for flavouring diet and drinks.

POKE BERRIES.

Poke berries tinctured in diluted alcohol, are employed as a remedy in chronic rheumatism. The dose is a teaspoonful, which may be repeated three or four times a day.

ROSA CENTIFOLIA.

Hundred-leaved Roses.

The petals are slightly laxative, and are sometimes administered in the form of syrup combined with cathartic medicines; but their chief use is in the preparation of rose water.

Medical Properties and Uses.—Red roses are slightly astringent and tonic, and were formerly thought to possess peculiar virtues. They are at present chiefly employed in infusion, as an elegant vehicle for tonic and astringent medicines.

A tea of dried red rose leaves, with the addition of from ten to fifteen drops of elixir of vitriol to a teacupful of the tea, and this repeated two or three times a day, is one of the best of all remedies to check an immoderate or too frequent flow of the menses.

AQUA ROSÆ.

Rose Water.

Rose water, when properly prepared, has the delightful perfume of the rose in great perfection. It is most successfully made on a large scale. Like the other distilled waters, it is liable to spoil when kept; and the alcohol which is added to preserve it, is incompatible with some of the purposes to which the water is applied. It is best, therefore, to avoid this addition, and to substitute a second distillation. This distilled water is chiefly employed on account of its pleasant odour, in collyria and other lotions. It is wholly destitute of irritating properties, unless when it contains alcohol.

SPIRITS OF HARTSHORN.

The spirits of ammonia, commonly called spirits of hartshorn, is chiefly used as a powerful stimulant, applied to the nose, to remove faintness and debility. The dose is from ten to thirty drops, mixed with water.

SPIRITS OF CINNAMON.

The spirits of cinnamon is an agreeable aromatic cordial, and may be given in debility of the stomach, in the dose of one or two fluidrachms.

SPIRITS OF PEPPERMINT.

The spirits or essence of peppermint is much employed in domestic practice, to relieve sickness at the stomach, faintness, &c. The dose is from one to two teaspoonsful for an adult, and from ten to fifteen drops for a child, to be taken on sugar or mixed with warm water.

AMMONIACUM.

Ammoniac.

The ammoniac plant grows spontaneously in Farsistan, Irauk, and other Persian provinces; in the southern districts of Arabia; and perhaps in the north of Africa. It attains the height of six or seven feet, and in the spring and early part of summer abounds in a milky juice, which flows out upon the slightest puncture. From the accounts of travellers it appears, that in the month of May the plant is pierced in innumerable places by an insect of the beetle kind. The juice, exuding through the punctures, concretes upon the stem, and when quite dry is collected by the natives. M. Fontanier states that the juice exudes spontaneously, and that the harvest is about the middle of June. The gum resin is sent to Bushire, whence it is transmitted to India. It reaches this

country usually by the route of Calcutta. The name *gum ammoniac* is thought to have been derived from the temple of Jupiter Ammon in the Lybian desert, where the drug is said to have been formerly collected.

Medical Properties and Uses.—This gum resin is stimulant and expectorant, in large doses cathartic, and, like many other stimulants, may be so given as occasionally to prove diaphoretic, diuretic, or emmenagogue. It has been employed in medicine from the highest antiquity, being mentioned in the writings of Hippocrates. The complaints in which it is most frequently used, are chronic catarrh, asthma, and other pectoral affections, attended with deficient expectoration without acute inflammation, or with too copious secretion from the bronchial mucous membrane dependent upon debility of the vessels. It is thought to have been useful in some cases of amenorrhœa, and in those chlorotic and hysterical conditions of the system arising out of this complaint. It has also been prescribed in obstructions or chronic engorgements of the abdominal viscera, under the vague notion of its deobstruent power. Any good which it may do in these affections, is more probably ascribable to its revulsive action upon the alimentary mucous membrane. Authors speak of its utility in long and obstinate colics dependent on mucous matter lodged in the intestines; but it would be difficult to ascertain in what cases such mucous matter existed, and, even allowing its presence, to decide whether it was a cause or a result of the diseased action. Ammoniac is usually administered in combination with other expectorants, with tonics, or emmenagogues. It is much less used than formerly. Externally applied in the shape of a plaster, it is thought to be useful

as a discutient or resolvent in white swellings of the joints and other indolent tumours.

It is given in substance, in the shape of pill or emulsion. The latter form is preferable. The dose is from ten to thirty grains.

LAVANDULA.

Lavender.

Medical Properties and Uses.—Lavender is an aromatic stimulant and tonic; esteemed useful in certain states of nervous debility, but very seldom given in its crude state. The products obtained by its distillation are much used in perfumery, and as grateful additions to other medicines, which they render at the same time more acceptable to the palate and cordial to the stomach.

MOSCHUS.

Musk.

Medical Properties and Uses.—Musk is stimulant and antispasmodic, increasing the vigour of the circulation; and exalting the nervous energy, without producing either as an immediate or secondary effect any considerable derangement of the purely cerebral functions. Its medical uses are such as may be

inferred from its general operation. In almost all spasmodic diseases, so far as mere relaxation of spasm is desirable, it is more or less efficacious; but peculiar advantages may be expected from it in those cases in which a prostrate condition of the system, attended with great nervous agitation, or irregular muscular action, calls for the united influence of a highly diffusible stimulant and powerful antispasmodic. Such are very low cases of typhus disease, accompanied with *subsultus tendinum*, tremors, and *singultus*. Such also are many instances of gout in the stomach, and other spasmodic affections of this organ. In very obstinate hiccough we have found it more effectual than any other remedy; and have seen great advantage from its use in those alarming and dangerous convulsions of infants which have their origin in spasm of the intestines. It is said to have done much good combined with opium, and administered in very large doses in tetanus. Epilepsy, hysteria, asthma, *pertussus*, palpitations, cholera, and colic, are among the numerous spasmodic affections in which circumstances may render the employment of musk desirable. The chief obstacles to its general use are its very high price, and the great uncertainty as regards the degree of its purity. Musk was unknown to the ancients. Aetius was the first writer who noticed it as a medicine. It was first introduced into Europe through the Arabians, from whose language its name was derived.

It may be given in the form of pill or emulsion. The medium dose is ten grains, to be repeated every two or three hours. In the cases of children it may be given with great advantage in the form of enema. The tincture, which is an officinal preparation, is sometimes prescribed.

MUSTARD.

Medical Properties and Uses.—Mustard seeds swallowed whole operate as a laxative, and have recently enjoyed great popularity as a remedy in dyspepsia, and in other complaints attended with torpid bowels and deficient excitement. The white seeds are preferred, and are taken in the dose of a tablespoonful once or twice a day, mixed with molasses, or previously softened and rendered mucilaginous by immersion in hot water. They probably act by mechanically stimulating the bowels. The bruised seeds or powder, in the quantity of a large teaspoonful, operate as an emetic. Mustard in this state is applicable to cases of great torpor of stomach, especially that resulting from narcotic poisons. It rouses the gastric susceptibility and facilitates the action of other emetics. In smaller quantities it is useful as a safe stimulant of the digestive organs; and, as it is frequently determined to the kidneys, has been usefully employed in dropsy. Whey made by boiling half an ounce of the bruised seeds or powder in a pint of milk, and straining, is a convenient form for administration. It may be given in the dose of a wineglassful repeated several times a day. But mustard is most valuable as a rubefacient. Mixed with water in the form of a cataplasm, and applied to the skin, it very soon produces redness with a burning pain which in less than an hour usually becomes insupportable. When a speedy impression is not desired, especially when the sinapism is applied to the extremities, the powder should be diluted with an equal portion of rye meal or wheat flour. Care should be taken not to allow the application to continue too long, as vesication with ob-

stinate ulceration, and even sphacelus may result. This caution is particularly necessary in cases where the patient is insensible, and the degree of pain can afford no criterion of the sufficiency of the action.

Ground mustard is very largely adulterated with flour. The bright yellow mustard kept by grocers, is of that kind.

ASSAFETIDA.

Assafetida is obtained from a plant (*ferula assafetida*) peculiar to Persia and other countries of the East.

Medical Properties and Uses.—The effects of assafetida on the system are those of a moderate stimulant, powerful antispasmodic, efficient expectorant, and feeble laxative. As an antispasmodic simply, it is employed in the treatment of hysteria, hypochondriasis, convulsions of various kinds, spasm of the stomach and bowels unconnected with inflammation, and in those numerous irregular nervous disorders which accompany derangement of the different organs, or result from mere debility of the nervous system. From the union of expectorant with antispasmodic powers, it is highly useful in spasmodic pectoral affections, such as whooping-cough, asthma, and certain infantile coughs and catarrhs, complicated with disorder of the nervous apparatus, or with a disposition of the system to sink. In these last cases it has been employed with great success by Dr. Jos. Parrish of Philadelphia. In catarrhus senilis; the secondary stages of peripneumonia notha, croup, measles, and catarrh; in pulmonary consumption; in fact in all cases of dis-

ease of the chest in which the lungs do not perform their office from want of due nervous energy, and in which inflammation is absent or has been sufficiently subdued, assafetida may occasionally be prescribed with advantage. In the form of enema it may be beneficially employed in typhoid diseases attended with inordinate accumulation of air in the bowels, and in other cases of tympanitic abdomen. The same form will be found most convenient in the hysteric paroxysm, and other kinds of convulsion. In most cases its laxative tendency adds to its advantages; but in some instances must be counteracted by the addition of laudanum. It may often be usefully combined with purgative medicines in constipation of the bowels with flatulence.

It appears to have been known in the East from very early ages; and notwithstanding its repulsive odour, is at present much used in India and Persia as a condiment. Persons soon habituate themselves to its smell, which they even learn to associate pleasantly with the agreeable effects experienced from its internal use. Children with whooping-cough sometimes become fond of it; and older persons may be found, without going so far as India, who employ it habitually.

The medium dose is ten grains, which may be given in pill or emulsion. (See *Mistura Assafœtidæ*.) The tincture is officinal, and is frequently used. When given by injection it should be prepared by trituration with warm water. From half a drachm to two drachms may be administered at once in this way. As assafetida is not apt to affect the brain injuriously, it may be given very freely when not contra-indicated by the existence of inflammatory action.

ASSAFETIDA MIXTURE.

“Take of assafetida two drachms ; water half a pint. Rub the assafetida with the water gradually added, until they are thoroughly mixed.”—*U. S., Lond.*

The Dublin College directs one drachm of assafetida and eight fluidounces of pennyroyal water.

This mixture, from its whiteness and opacity, is frequently called *lac assafætida*, or milk of assafetida. It is, as a general rule, the best form for the administration of this antispasmodic, being less stimulant than the tincture, and more prompt in its action than the pill. Its excessively disagreeable smell and taste are, however, objections which induce a frequent preference of the last mentioned preparation. It is very often employed as an enema. The dose is from one to two tablepoonsful, frequently repeated. From two to four fluidounces may be given by the rectum.

ASSAFETIDA PILLS.

“Take of assafetida an ounce and a half ; Soap half an ounce. Beat them with water so as to form a mass, to be divided into two hundred and forty pills.”—*U. S.*

Each of these pills contain three grains of the gum resin. They are a very convenient form for administering assafetida, the unpleasant odour and taste of which render it very offensive in the liquid state.

COMFORT'S CONCENTRATED CHOLERA MIXTURE.

This preparation contains, in a concentrated form, the properties of *Comfort's Cholera Mixture*, which we believe is the most effectual remedy known for bowel complaints in general; also highly beneficial in the early stages of cholera, dysentery, and cholera morbus. It is good for pain and soreness in the stomach and bowels, and for summer complaints in children. It tends to increase vital energy and promote digestion, hence its superior efficacy. The dose for an adult is from half to a teaspoonful, to be repeated whenever the symptoms demand it. In sudden attacks it should be used freely at short intervals; but in ordinary bowel complaints three or four doses taken during the day will be sufficient. For children from twenty-five drops to half a teaspoonful may be given at a time in a little warm water, and the dose repeated as often as necessary. In chronic diarrhœa, &c., the No. 3 pills will assist this medicine in performing a cure.

YEAST.

Medical Properties and Uses.—Yeast has been highly extolled as a remedy in typhoid fevers, and is said to have been given with advantage in hectic. It is, however, little employed; as its somewhat tonic and stimulant effects, ascribable to the bitter principle of hops, the alcohol, and the carbonic acid which are among its constituents, may be obtained with equal certainty from more convenient medi-

cines. Externally, however, it is very useful in foul and sloughing ulcers, the fetor of which it corrects, while it affords a gentle stimulus to the debilitated vessels. It is usually employed mixed with farinaceous substances in the form of a cataplasm. The dose is from half a fluidounce to two fluidounces every two or three hours.

OLIVE OIL.—SWEET OIL.

Medical Properties and Uses.—Olive oil is nutritious and mildly laxative, and is occasionally given in cases of irritable intestines, when the patient objects to more disagreeable medicines. Taken into the stomach in large quantities, it serves to involve acrid and poisonous substances, and mitigate their action. It has also been recommended as a remedy for worms, and is a very common ingredient in laxative enemata. Externally applied, it is useful in relaxing the skin, and sheathing irritated surfaces from the action of the air; and is much employed as a vehicle or diluent of more active substances. In the countries bordering on the Mediterranean, it is thought, when smeared over the skin, to afford some protection against the plague; and applied warm, by means of friction over the surface, it is said to be useful as a remedy in the early stages of that complaint. But the most extensive use of olive oil is in pharmacy, as a constituent of liniments, ointments, cerates, and plasters. The dose as a laxative is from one to two fluidounces.

EXTRACT OF DANDELION.

Medical Properties and Uses.—*Taraxacum* is slightly tonic, diuretic, and aperient; and is thought to have a specific action upon the liver, exciting it when languid to secretion, and resolving its chronic engorgements. It has been much employed in Germany, and is a very popular remedy with many practitioners in this country. The diseases to which it appears to be especially applicable, are those connected with derangement of the hepatic system, and of the digestive organs generally. In congestion and chronic inflammation of the liver and spleen, in cases of suspended or deficient biliary secretion, and in dropsical affections dependent on obstruction of the abdominal viscera, it is capable of doing much good, if applied with a due regard to the degree of excitement. Our own experience is decidedly in its favour. An irritable condition of the stomach and bowels, and the existence of acute inflammation, contra-indicate its employment.

It is usually given in the form of extract or decoction. (See *Extractum Taraxaci*.) Two ounces of the fresh root, or an ounce of the dried, previously bruised or sliced, may be boiled with a pint of water down to half a pint, and two fluidounces of the preparation given twice or three times a day. Supertartrate of potassa is sometimes added when an aperient effect is desired; and aromatics will occasionally be found useful in correcting a tendency to griping or flatulence.

EXTRACT OF GENTIAN.

The extract of gentian is a convenient form of tonic. It is taken in pills, in the place of decoction.

From four to six pills may be taken two or three times a day, in any case where a tonic is required.

EXTRACT OF LOBELIA.

The extract of lobelia (*lobeline*) may be used internally, in the place of other preparations of lobelia. For an emetic for a child one pill the size of a small pea will generally be sufficient, and for an adult from three to four pills will be required—the quantity, however, to be regulated by the strength of the article.

EXTRACT OF BONESET.

The extract of boneset, combined with quinine and formed into pills, constitutes an efficient remedy for ague or intermittent fever. From fifteen to twenty grains of quinine should be combined with as much of the extract as will form a proper consistency for making into pills, and this quantity taken during the interval between the paroxysms of ague.

PODOPHYLLINE.

Extract of May-Apple.

The extract of may-apple is used, to a great extent; by many of the professed medical reformers. It is an active hydrogogue cathartic, very prostrating to the vital powers, and dangerous in any case where the system is far exhausted of vital power.

EXTRACT OF RED CLOVER.

Dr. S. Thomson recommends the extract of red clover as a cancer plaster. It will dissolve open cancers, and will also improve the condition of indolent ulcers.

EXTRACT OF WOOD SORREL, OR SHEEP SORREL.

The extract of wood sorrel is used for dissolving cancers. It has proved effectual in removing many cases of cancer ; but where the system has become contaminated with the cancerous poison, a permanent cure is not to be expected.

SOAP LINIMENT—OPODELDOC..

Opodeldoc is made by dissolving an ounce of camphor, and oil of rosemary and oil of origanum, each a fluid drachm, in a pint of alcohol ; then add three ounces of castile soap, and keep it several days in a warm place.

The above compound forms an article extensively employed as an external application in cases of inflammation, swellings, bruises, &c.

SIMPLE CERATE.

Melt together one ounce of spermaceti and three ounces of white wax ; and then add six ounces of olive oil.

Simple cerate may be employed as a salve to protect raw surfaces from the air. It contains no irritating properties, provided it be made of good articles.

BASILICON OINTMENT.

Basilicon ointment is prepared by melting together five ounces of resin, eight ounces of lard, and two ounces of yellow bees-wax.

This ointment is employed as a salve in cases of ulcers, burns, scalds, and chilblains.

GUM-ELASTIC.

The sheet gum-elastic may be applied with marked benefit in many cases of chronic rheumatism, swollen joints, and neuralgia, more especially in neuralgia of the hip, commonly called *sciatica*. The gum should be washed with warm soapsuds before it is applied, and also every time it is removed. In some cases the gum cannot be kept on more than twenty-four hours without occasioning a great deal of irritation. As a general rule, the sheet should be taken off and washed as often as once a day.

TAR OINTMENT.

Mix a pound of tar with a pint of melted tallow, and stir the mixture until cold.

This ointment is especially well adapted to the cure of scald-head and some species of tetter.

TAR-WATER.

To prepare tar-water—"Take of tar two pints ; water, a gallon. Mix, stirring with a wooden rod for fifteen minutes, then, after the tar shall have subsided, strain the liquor, and keep it in well-stopped bottles."

As an internal remedy, tar-water may be used in cases of chronic cough, chronic catarrh, piles and in affections of the kidneys and urinary organs. One or two pints may be taken daily.

Tar-water has been used with marked benefit as an injection in cases of fluor albus, and piles. A mixture of equal quantities of tar-water and a decoction of sumac and witch hazel is better than the simple tar-water.

Tar-water and a strong decoction of marsh rosemary, mixed in equal quantities, is a good preparation for washing parts that are chafed in children, ringworm, and scaly eruptions on the face.

Tar-water has of late been successfully used as a styptic—to arrest the flow of blood from wounds.

ASTRINGENT OINTMENT.

Take a pound of sheep suet, melt it, and add two ounces of witch-hazel or sumac leaves that have been collected in proper season and well dried. Simmer these half an hour or more, and strain whilst warm. This ointment may be used with benefit in case of piles, chafing, chopped hands, sore nipples, &c.

PERSIMMON OINTMENT.

Take green persimmons, mash them, and stew them in lard ; then strain. This ointment has been highly spoken of by surgeons as a cure for piles.

PITCH PLASTER.

Take of Burgundy pitch and Venice turpentine, each one pound, melt them together, and add an ounce of cayenne pepper, and when it cools, if it be found too hard, melt it over, and add a portion of sweet oil.

This may be employed as a general strengthening plaster.

TURPENTINE PLASTER.

Venice turpentine, melted with a portion of bees-wax, to give it a proper consistence, forms as good a strengthening plaster probably as any other compound.

GUM HEMLOCK PLASTER.

Gum hemlock, obtained from bark of the hemlock spruce, contains the resinous principle, the same as Venice turpentine, and is equally as good for strengtheng plasters. It may be melted with a portion of bees-wax and balsam-fir to make it more adhesive, softer and less brittle.

MUSTARD PLASTER.

A simple mustard plaster may be prepared by mixing ground mustard and warm water to form a proper consistency for a plaster. If it is desired to weaken the plaster, wheat or rye flour may be added.

A very common form of preparing mustard plaster, is to take equal quantities of ground mustard and wheat or rye flour, and moisten them with vinegar.

Mustard plasters are often found serviceable when not left on so long as to occasion a blister.

POULTICES.

The composition of poultices requires to be varied to suit the different conditions of the parts upon which they are applied. Thus, in the early stage of acute inflammation, as in biles, felons, sudden swellings of the glands, and in bruises and lacerated wounds, emollient poultices are required, such as the elm, flax-seed, or mallows poultices; but in chronic inflammation, and after a bile or abscess has discharged, stimulating and astringent poultices will be called for; and in cases of gangrene and mortification, the poultice should possess antiseptic properties.

There are particular forms of disease when poultices do not answer a good purpose; for instance, erysipelas, venereal chancre, some forms of tetter, and chafing in infants and children.

The following formulas describe poultices suited to the various conditions of parts attending the different stages and varieties of the complaints to which they are adapted as a curative agent.

Recently, the warm water and cold water dressings have been substituted for poultices.

EMOLLIENT AND SLIGHTLY STIMULATING POULTICES.

Take of slippery elm powder two parts; white pond lily root, pulverized, one part; green lobelia powder, half as much as of the white pond lily; mix with warm water.

This poultice may be used in all cases of biles and tumours attended with inflammation, and in cases of injuries when the flesh is lacerated. It also forms a suitable poultice for acute inflammation of the eyes, and when a part is burned with a red-hot iron or live coals, so as to sear the flesh.

STIMULATING AND ASTRINGENT POULTICES.

Take of composition powder and slippery elm, pulverized, equal quantities; wet them with warm water, and then add a portion of sweet lard.

This poultice is well adapted to all cases of bile or abscess when the matter has discharged, and in old sores that require cleansing and stimulating; and in chronic inflammation.

MALLOWS POULTICE.

Take of mallows, either green or in a dried state; steep them in milk and thicken with elm powder,

ground flax-seed or fine Indian meal, and, when spread, put a portion of green lobelia powder over the surface.

This forms a useful poultice in the early stage of biles, felons, whitlows, &c. After a bile or abscess breaks, or is opened, a stimulating and astringent poultices should be applied.

CATNIP POULTICE.

Catnip leaves, steeped in vinegar and water, and thickened with slippery elm, ground; or fine Indian meal, form a poultice that may be applied with especial benefit in cases of ear-ache, face-ache, and swollen and painful breasts.

CHARCOAL POULTICE.

Take of purified charcoal three parts, ginger one part, bayberry one part, slippery elm two parts; mix them in warm water.

This poultice is adapted to the treatment of putrid and offensive ulcers, and also gangrene and mortification.

YEAST POULTICE.

Take a quantity of yeast and thicken with a mixture made of equal portions of ginger and rye or wheat flour. Set it in a warm place until it begins to rise.

The yeast poultice may be employed in all cases of gangrene, mortification, &c., sloughing and offensive ulcers.

MYRRH POULTICE.

Equal quantities of the dregs of No. 6 and slippery elm powder, moistened with water, may be employed with especial advantage in cases of indolent ulcers, carbuncle and long standing inflammation. This form of poultice requires to be moistened occasionally, more particularly when it is applied to a part in which there is an unnatural degree of heat.

WILD INDIGO POULTICE.

The bark of the root of wild indigo pounded fine, and applied to indolent ulcers as a poultice, will soon change the ulcer to a more healthy character; so say those who have tried it.

GUM ARABIC.

Gum Arabic exudes spontaneously from the bark of a tree that grows abundantly in many parts of the continent of Africa. "Calculated by nature for a dry and sandy soil," the tree this gum is obtained from "flourishes in deserts where no other trees will grow, and even the date-tree perishes. We are told the camels attached to the caravans derive from it their chief sustenance in many of those desolate regions in which Africa abounds."

Uses.—Gum Arabic, dissolved, is employed as an article of diet in sickness. The mucilage of it is well adapted to cases of disease where the stomach and bowels are extremely irritable, and where other articles of diet disagree. It is useful as a demulcent, as well as affording nourishment in catarrhal affections, pleurisy, inflammation of the lungs, and in inflammation of the urinary organs. A very good mode of preparing it is to dissolve it in composition, pepper or ginger tea. Prepared in stimulating tea, I have found it to agree well with patients affected with diarrhoea and dysentery, and particularly in bowel complaints of infants and children. It is not to be exclusively relied upon, however, as a cure in those forms of disease, but to supply the system with nourishment, and being combined with a stimulant, another important object is obtained. It is asserted that six ounces of gum Arabic taken daily is sufficient to sustain life in a healthy adult. The Moors and Negroes who collect this gum, depend almost exclusively upon it for sustenance whilst they are engaged in collecting and conveying it to market.

CIDER.

Sound cider, more especially old bottled cider, has been used on many occasions of recovery from sickness, with the best effects, especially in cases where patients had expressed a desire for it. The best time for taking it is at, or after dinner and supper.

A pound of the green, or a half a pound of the dry burdock root, and a small root of horseradish,

all cut up fine and put to a gallon of good cider, is a very healthy drink for those whom cider agrees with, and it is said to prove a powerful preventive to pestilential diseases.

The roots of burdock, parsley, and horseradish; and mustard simmered in good cider, an hour or more, is a very good remedy in some cases of dropsy. Iron wire put into sound cider forms a tonic that may be given with especial benefit in many cases of debility attended with extreme paleness of the countenance, evincing deficiency of red blood.

ARROW-ROOT.

Arrow-root is obtained from the root of a plant which is a native of South America and of the West Indies. A very superior article called Georgia arrow-root, can be obtained at 295 Market street, Philadelphia.

The greater part of the article kept in shops called arrow-root, is largely adulterated with potato-starch finely prepared. It is believed by some, however, that potato-starch is equal to arrow-root in every particular, except that the former is not so agreeable to the taste.

Uses.—Arrow-root is employed as an article of diet in fevers, and in bowel complaints of infants and children.

To make Arrow-root gruel.—Mix a tablespoonful of the powder in cold water, to the consistence of paste, and then pour this gradually into a pint of boiling water, stirring the water as the paste is poured in. Sweetened with loaf-sugar. For infants.

and children, arrow-root is usually prepared with boiled milk.

BARLEY WATER.

To make Barley Water.—Take two tablespoonsful of pearl barley, wash it in cold water, and then put it into a sauce-pan, adding a quart of cold water, place it over the fire and let it boil slowly until the water is reduced nearly one-half. Barley water may be rendered more palatable by having a small handful of stoned raisins, or some pieces of liquorice root, stewed with it. When done, it is to be strained. The addition of ginger not only improves the taste, but affords a mild and pure stimulant, and promotes digestion.

Barley is mentioned in the earliest records of history as an article of diet in sickness. It is extensively used in cases of general fever, and in inflammatory affections, when the condition of the stomach will not admit of food, except in the form of a demulcent.

To make Milk Porridge.—Take of wheat flour a tablespoonful, mix it with cold water to the consistency of paste, pour it into a pint and a half of boiling water, and after boiling fifteen or twenty minutes, add a half a pint of milk. As soon as it begins to boil again, after the milk is added, it will be fit for use. It must be salted to suit the taste, and, when patients prefer it, loaf-sugar may be added.

Another method.—Take a portion of wheat flour, say a pint or more, tie it in a bag, and put into boiling water; let it boil four or five hours. The

inside will be hard and dry and thoroughly baked. The dry part to be grated fine, made into gruel, and a portion of milk added and made to commence boiling, and then it is done. Add a portion of salt. This is well adapted to cases of bowel complaints, both in children and adults. In making gruel or porridge, ginger tea may be employed in place of water.

Milk porridge, properly made is an agreeable and nourishing article of diet, and the one mostly taken during and after a course of medicine, except in early stages of disease, as in violent fever, inflammation of the lungs, &c., when the digestive powers are too feeble for such food.

Cayenne, or black, put into milk porridge, furnishes a stimulant congenial to the stomach, and promotes digestion.

The following preparations of food is especially well suited to infants and children when digestion is very feeble.

Take of boiled milk half a pint, ginger tea half a gill, lime water half a gill, and slippery elm powder a heaping teaspoonful.

To make Oat Meal Gruel.—Take of coarsely ground oat meal three tablespoonsful, and put in a pint of boiling water; let it boil gently half an hour, stirring it occasionally. Then strain and add a little nutmeg, wine and butter.

When oat meal is finely ground, it should be sifted and mixed with cold water to the consistence of batter, and poured into boiling water, allowing it to boil gently, and to be stirred frequently.

To obtain the Essence of Beef.—Take from one to two pounds of fresh lean beef, cut into small pieces, sprinkle it with a little salt, and put it into a dry

and perfectly clean porter bottle, and cork it lightly, or into a stone jar, placing a cover on the jar. Set the bottle or jar into a kettle of water, and boil the water an hour or more, and then remove it from the fire before the bottles is taken out, it may otherwise be broken by sudden change of temperature. Essence of beef is highly nutritious and very easy of digestion, and consequently forms an important article of diet in disease attended with extreme debility, as in advanced stages of fever, pleurisy, small-pox, dysentery, &c.

Dried Beef Tea.—Boiling water poured upon chipped dried beef, not smoked, forms a nutritious drink, that agrees well with the sick.

French Method of making Beef Tea.—Take two pounds and a half of fresh beef, cut into small pieces, put into an earthen pipkin with three pints of water; let this simmer, but never boil, until the liquor is reduced about half in quantity; then strain, and add salt if the patient should prefer it salted. This may be drank either warm or cold.

Chicken Tea may be made in the same manner as above described, and employed for the same purpose.

To make Crust Coffee.—Take some of the crust and thin slices of stale wheaten bread, toast it thoroughly, so that there shall be no part of it unbrowned; pour on boiling water, and, after steeping ten or fifteen minutes, it will be ready for use. It may be sweetened and a portion of milk or cream added if the patient prefer it so. Crust coffee is nourishing, and generally agrees well with the sick, To be taken cold or warm, as the patient may fancy.

To make Panada.—Take some slices of stale

wheaten bread, pare off the crusts, and boil them in water four or five minutes, then take out the bread, and a little of the water it was boiled in, beat it fine, and add sugar and nutmeg, and if proper, a little fresh butter and some wine.

To make Mutton Broth.—Take two pounds of the lean part of the mutton, and boil it slowly two or three hours in two quarts of water, adding a proper quantity of salt and some parsely. The fat must be skimmed off.

By cutting mutton into thin slices and pounding it, half an hour's boiling will be sufficient.

Chicken broth may be made in the same way. The chicken to be cut up before it is boiled. A small portion of rice, or pearl barley may be boiled with the chicken.

To make Whine-Whey.—Put a pint of new milk into a sauce-pan that will hold at least two quarts; set it over the fire, and when it is in full boiling and raised to the top of the vessel, dash in it a large wineglassful of Madeira or Sherry; set the sauce-pan off and do not stir it for four or five minutes; then pour the clear whey from the curd into a bowl, and sweeten it with loaf sugar. When it is desired to have the whey more stimulating, use more wine. Good currant wine may be used when neither the Madeira nor Sherry can be obtained.

Wine-whey contains a large amount of nourishment, which is readily absorbed without undergoing the usual process of digestion in the stomach. It operates also as a diffusive stimulant, and hence it is an important article in the treatment of typhus fever, and other forms of disease where the vital energies are much enfeebled.

The chief objection to the use of wine-whey is

its tendency to become acid in the stomach. This, however, may, in a great degree, be prevented, by adding to each dose of wine-whey from five to ten grains of the carbonate of ammonia.

Egg Soup.—Beat up the yolk of a fresh egg and pour on half a pint of boiling water. A little wine, salt, and sugar may be added. This is highly nutritious, and generally sets easy on the stomach.

Another Method.—Take the yolk of a hard-boiled egg, mash it in a bowl with a silver spoon; then add sufficient of boiling water to make it thin enough to be drank. It may be seasoned to suit the taste of the patient.

SUGAR.

Sugar disagrees with many persons in consequence of its tendency to form acid in the stomach. There are conditions of the system, however, where sugar is an important article, both as food and medicine, especially in long-standing cases of scrofula, where the system is weak and emaciated. In these cases, it will often prove highly beneficial by producing better chyle, and richer blood than can be produced by other kinds of food. It may be taken in the form of syrup, rock-candy, loaf-sugar, and eaten between regular meals, provided the patient find it to relish well, and occasion no unpleasant feelings.

UNBOLTED WHEAT FLOUR GRUEL.

Take a tablespoonful of the meal, and beat it into a paste with cold water; add salt to the taste,

and stir it slowly into a pint of boiling water ; continue the boiling four or five minutes, and skim ; milk may be added if desirable, as in the directions for milk porridge. This is highly useful in dyspepsia, costiveness, and all cases of a weak or languid state of the digestive organs. It may be also given during a course of medicine, and is preferable, as I have said, to the porridge made with superfine flour.

INDIAN MEAL GRUEL.

Boil a quart of water, add a little salt, and stir in two tablespoonsful of the meal, as in making mush or hasty pudding ; boil it fifteen or twenty minutes, and add any desirable quantity of milk. This gruel is not only good for the sick, but may be used instead of tea or coffee. It will answer very well without milk.

WHEAT JELLY.

Take of wheat, in its natural state, any desirable quantity ; soak it twelve hours in soft water, and boil it four hours, allowing the water to evaporate, excepting enough to form the wheat into a jelly. This may be eaten with sugar or molasses, and is an invaluable article for the sick and convalescent. I know of no preparation that I am disposed to recommend more highly. It is agreeable to the taste, does not oppress the stomach, and is very nourishing. It also serves to regulate the bowels, without

possessing any of the objectionable properties of a purgative. Mr. Graham, in an account which he gave of his present sickness, says: "Wheat thus prepared was very grateful to the taste, and incomparably the most salutary nourishment I took during my convalescence. Within twenty-four hours after I commenced the use of it, I had a natural movement of the bowels, and from that time to the present have had no need of aperient medicine."

SLIPPERY ELM CUSTARD.

Put a teaspoonful of slippery elm, two of loaf sugar, and a small portion of cinnamon, into a teacup, and fill it nearly full of boiling water. Stir four or five minutes, till a thick jelly is formed. Wine and a little nutmeg may be added, if desirable. This is good for consumptive people, and all persons in a weak condition of body.

TAMARINDS.

Properties.—Fresh tamarinds, which are sometimes, though rarely brought to this country, have an agreeable sour taste, without any mixture of sweetness. As we usually find them, in the preserved state, they form a dark-coloured adhesive mass, consisting of syrup mixed with the pulp, membrane, strings, and seeds of the pod, of a sweet acidulous taste. The seeds should be hard, clean, and not swollen, the strings tough and entire, and the smell without mustiness. From the analysis of

Vauquelin it appears, that in 100 parts of the pulp of tamarinds, independently of the sugar added to them, there are 9.40 parts of citric acid, 1.55 of tartaric acid, 0.45 of malic acid, 3.25 of supertartrate of potassa, 4.70 of gum, 6.25 of jelly, 34.35 of parenchymatous matter, 27.55 of water; so that the acidity is chiefly owing to the presence of citric acid. It is said that copper may sometimes be detected in preserved tamarinds, derived from the boilers in which they are occasionally prepared. Its presence may be ascertained by the reddish coat which it imparts to the blade of a knife immersed in the tamarinds.

Medical Properties and Uses.—Tamarinds are laxative and refrigerant, and infused in water form a highly grateful drink in febrile diseases. Convalescents often find the pulp a pleasant addition to their diet, and useful by preserving the bowels in a loose condition. It is sometimes prescribed in connection with other mild cathartics, and is one of the ingredients of the confection of senna. Though frequently prescribed with the infusion of senna to cover the taste of that medicine, it is said to weaken its purgative power; and the same observation has been made of its influence upon the resinous cathartics in general. From a drachm to an ounce or more may be taken at a dose.—*U. S. Dis.*

TAPIOCA.

Tapioca is in the form of regular, hard, white, rough grains, possessing little taste, partially soluble in cold water, and affording a fine blue colour when iodine is added to its filtered solution. Being nu-

trititious, and at the same time easy of digestion, and destitute of all irritating properties, it forms an excellent diet for the sick and convalescent. It is prepared for use by boiling it in water. Lemon juice and sugar will usually be found grateful additions; and in low states of disease or cases of debility, it may be advantageously impregnated with wine and nutmeg or other aromatic.

A fictitious tapioca is found in the shops, consisting of very small, smooth, spherical grains, and supposed to be prepared from potato starch. It is sold under the name of *pearl tapioca*.

SAGO.

Pearl sago is that which is now generally used. It is in small grains, about the size of a pin's head, hard, whitish, or of a light brown colour, in some instances translucent, inodorous, and with little taste.

Common sago is in larger grains, of more unequal size, of a duller aspect, and frequently mixed with more or less of a dirty looking powder.

Sago is insoluble in cold water, but by long boiling unites with that liquid, becoming at first soft and transparent, and ultimately forming a gelatinous solution. Chemically considered, it has the characters of starch.

It is used exclusively as an article of diet, having no medicinal qualities which adapt it to the treatment of disease. Being nutritive, easily digestible, and wholly destitute of irritating properties, it is frequently employed in febrile cases, and in convalescence from acute disorders, in the place of

richer and less innocent food. It is given in the liquid state, and in its preparation care should be taken to boil it long in water, and stir it diligently, in order that the grains may be thoroughly dissolved. Should any portion remain undissolved, it should be separated by straining, as it might offend a delicate stomach. A tablespoonful to the pint of water is sufficient for ordinary purposes. The solution may be seasoned with sugar and nutmeg, or other spices where these are not contraindicated.

FOOD FOR INFANTS.

A fact worth knowing.—Slippery elm powder added to milk, or to milk porridge, will cause these articles of food to set well on the stomach in many instances where they will disagree with the stomach without the addition of the elm powder.

To mix elm powder with the liquids, first rub a little sugar with the elm, and then it will mix readily with milk or other liquids.

The quantity of elm to be used for half a pint of milk should be about a desertspoonful, and this to be rubbed with a teaspoonful of sugar.

The elm should not be added long before the food is to be taken, otherwise it will become too thick to be drank readily.

Dyspeptics will find great benefit from the use of the elm powder in milk porridge, or in boiled milk.

VEGETABLE SOUP FOR THE SICK.

Pear and slice turnips and white potatoes. If a potatoe has a core or imperfection at the centre, it

should be rejected. Boil these until cooked. Then pour the water from them and mash them fine. Then add one or two small onions, sliced, and pour on boiling water. Then thicken it with a batter made of flour and cold water and butter. Let it boil about twenty minutes, and just before it is done put in some sweet marjoram or summer savory—to be salted to suit the taste.

BOILED RICE WITH APPLES.

Cut apples into small pieces, and put them with rice in a bag, and boil well. To be eaten with butter, cream, and sugar, or molasses.

PRACTICAL INFORMATION.

Although there are many articles introduced into this work that are not used by Thomsonians, we wish it to be understood that we do not *recommend* any other than the Thomsonian remedies.

The following information in relation to the kinds of remedies applicable to particular forms of disease may prove serviceable; but for particular directions apply to Comfort's Thomsonian Practice :

Cholera and Cholera Morbus.—Remedies in mild cases, Comfort's Cholera Mixture, Cholera Drops, and Concentrated Cholera Mixture. In severe cases, or where the above remedies fail, the third prepara-

tion of lobelia, vapour baths, and actively stimulating applications to the surface, such as tincture of capsicum, or No. 6, and use injections, containing from one to four teaspoonsful of the third preparation of lobelia.

Bilious Colic.—Remedies: Lobelia emetic, hot application to the abdomen, and stimulating injections.

Cholera of Infants.—Lobelia emetics, concentrated syrup of bayberry, spice teas, warm applications to the abdomen.

Ague.—Remedies in mild cases, composition or cayenne, compound lobelia pills, and Comfort's Ague Bitters. In more obstinate cases, a course of medicine in addition to the above.

Bilious Fever.—Remedies: Brown lobelia tea, compound lobelia pills, capsicum, and other vegetable stimulants. In obstinate cases, a course of medicine should be administered occasionally.

Typhoid and all other forms of Fever.—Remedies: Third preparation of lobelia in broken doses, and the usual vegetable stimulants, stimulating enemata, and about the crisis, wine whey, carbonate of ammonia, brandy today, wine, &c.

Small-pox — Varioloid — Measles — Remedies: Broken doses of lobelia; emetics, if the symptoms demand their use; and composition, ginger, pennyroyal, or any kind of stimulating herb teas.

Scarlet Fever.—Vapour bath, lobelia emetic, broken doses of lobelia, and stimulating teas to keep a determination to the surface; and while the rash is out, rub the surface often with fat salt bacon.

Erisipelas—St. Anthony's Fire—Rose. Remedies in light cases, simple teas, such as composition, or any other article to favour perspiration, and broken doses of lobelia. In severe attacks, give a course of medicine, and repeat it if necessary. External applications: third preparation of lobelia, Turlington's Balsam, salt and vinegar, tincture of lobelia. Avoid poultising or washing often with water.

Croup.—Remedies: Tincture of lobelia, brown lobelia tea, composing cordial, and in protracted cases the third preparation of lobelia in connection with vapour baths and stimulating injections. Swabbing the throat with No. 6, tincture of myrrh, third preparation of lobelia, or pepper sauce.

A physician of one of the public hospitals of England recommends placing the child in a vapour bath so arranged that the child can inhale the warm vapour. —

Asthma.—Remedies: Tincture of lobelia, brown lobelia tea, compound lobelia pills, and in severe attacks the vapour bath in addition.

Whooping Cough.—Remedies: Preparations of lobelia, Comfort's Hoarhound Syrup, onion syrup.

Acute Rheumatism.—Remedies: Compound lobelia pills, capsicum, vapour baths, hydropathic sweats and dressings, external stimulants.

Chronic Rheumatism.—Remedies: Anti-canker pills, compound lobelia pills, guiacum, prickley ash, vapour baths, capsicum.

Fits or Convulsions in Infants and Children.—Remedies: Brown lobelia emetics, tincture of lobelia; and in protracted cases the third preparation of lobelia.

Lock-jaw.—Remedies: Third preparation of lobelia, brown lobelia, vapour baths.

Colic in Infants and Children.—Remedies: Comfort's Composing Cordial, catnip, ginger, peppermint, fennel seed, camphor, spice tea, calamus, lavender, and in obstinate attacks, lobelia emetics.

Chapped Hands and Lips, and Sore Nipples.—Remedy: German Nipple Wash.

Stranguary in Infants and Children.—Remedies: Injections to the rectum of pennyroyal, or mint tea, with half a teaspoonful of composing cordial, or tincture of lobelia; wild carrot seed, parsley, watermellon seed, pipsisawa, cleavers, scabious, juniper berries, and in stubborn cases, the vapour bath should be used, and the system relaxed with brown lobelia.

Stranguary in Adults.—Remedies: Oil of juniper, Holland gin, scabious, honey, the vapour bath, injections to the bowels containing lobelia, wet sheet packing, cleavers, harlem oil, balsam copaiva, wild carrot seed.

Bowel Complaints in Infants and Children.—Remedies: Syrup of bayberry, lobelia emetics, tincture of myrrh, essence of ginger, cholera mixture, No. 5 syrup, composition taken in substance mixed with luke-warm water, dewberry root, sweet fern, spice tea, camphor, vapour bath, wet sheet packing, hydropathic girdle, spice poultice, a well regulated diet, and pure air.

Diarrhœa in Adults.—Remedies: Comfort's Cholera Mixture; No. 6, tincture of myrrh, vegetable stimulant, bayberry syrup, stimulating injections, essence of ginger, capsicum, camphor, lavender, anticanker pills, compound lobelia pills.

Ordinary Colds.—Remedies : Composition powder, cayenne, or any of the Thomsonian stimulants, compound lobelia pills, anti-canker pills, and hot herb teas when the patient is confined to the house. Avoid over eating, and protect the feet from dampness—keep the surface clean.

Ordinary Cough.—Remedies : Conserve of holly hock, Comfort's hoarhound syrup, composing cordial, pepper candy, cough lozenges, bayberry syrup, third preparation of lobelia and molasses, hop syrup.

Costiveness in Infants.—Remedies : Sweet oil and molasses ; rubbing the abdomen, and pressing over the bowels with a warm hand ; pulverized charcoal in boiled milk ; the hydropathic abdominal compress ; shower bath in the morning. In many instances injections will be required at intervals of two or three days, or oftener, until the child is old enough to run about. Avoid giving castor oil or any other purgative medicines. Slippery elm powder, mixed with boiled milk, is very good to prevent costiveness.

Costiveness in Adults.—Remedies : Pulverized charcoal ; white mustard seed ; anti-canker pills ; compound lobelia pills ; golden seal and other vegetable bitters ; composition powder taken in substance in cold or luke-warm water ; drinking a tumbler or two of cold water every morning before breakfast, provided it does not disagree with the stomach ; a cold shower bath in the morning ; pulverized guiacum powder ; hydropathic abdominal compress ; kneading the bowels ; exercise in the open air, and such articles of diet as are found by experience to suit the stomach best. In obstinate cases injections should be used, until by other means

the torpor of the bowels is overcome. In obstinate cases of constipation use an injection of melted lard—a tablespoonful for a child, and a gill for an adult, causing it to be retained half an hour or more; and then administer one of a stimulating character.

Dyspepsia.—Remedies: compound lobelia pills, anti-canker pills, tonics, course of medicine, outdoor exercise, cayenne, vegetable stimulant; in some cases alkalies; in others acids; abdominal compress (or wet bandage) when it agrees; change of air, cleanliness of person, and a proper attention to diet.

Piles.—Remedies: Whatever is good to promote digestion and regulate the bowels is good for piles. The diet should be of such a character as will prevent costiveness; and great benefit will be experienced in many cases by using the pile ointment, and using astringent injections at bed-time and retained over night; washing with cold water, and more particularly the use of the sitz bath every morning; and when the bowels are constipated, make use of a simple injection to move the bowels, without the necessity of much straining effort. A compress wet with vinegar and water, and kept applied by means of a T bandage, may be found serviceable.

Jaundice.—Remedies: The continued use of the compound lobelia pills, cayenne after meals, courses of medicine, vapour baths, relaxing the system with injections containing brown lobelia, wet sheet packings, a wet bandage over the region of the liver, and tonics, especially the bayberry and prickly ash.

Neuralgia.—Remedies: Hot applications; the stimulating liniment; Granvill's Lotion; oiled silk;

steaming, both general and local ; nauseating doses of lobelia, either the brown lobelia tea or third preparation ; and warm teas to promote perspiration. In some cases a course of medicine will afford prompt relief ; and in other cases the galvanic battery will prove highly beneficial. When the attacks are periodical, a course of medicine ; quinine and carbonated iron, or iron prepared by hydrogen.

Hysteria—Hysterics.—Remedies : The third preparation of lobelia, No. 6, tincture of lobelia, assafetida pills, milk of assafetida, tincture of valerian, musk, castor, oil of amber. When convulsions prevail, give an emetic.

Toothache.—Remedies : If the tooth be hollow, apply either the toothache drops, oil of cloves, third preparation of lobelia, brown lobelia powder, No. 6, composition powder, or tincture of capsicum.

Dropsical Affections.—Remedies : Compound lobelia pills, oil of juniper, mustard seed, juniper berries, bicarbonate of potash, scabious, bitter root, prickly ash, cayenne, steam bath, wet sheet packings ; wet dressings on the parts affected, covered with oiled silk ; and in some deeply seated cases, courses of medicine. When dropsy is occasioned by organic disease of the heart, or of the liver, it is rarely cured by any kind of treatment.

Runnings from the Ears.—Remedies : Syringe the ears with tar-water ; wet cotton with tincture of lobelia, or tincture of myrrh, and squeeze in the ear. Harlem oil dropped in the ear is beneficial.

Deafness occasioned by indurated wax covering the drum of the Ear.—Remedies : Drop sweet oil in the ear, and some hours after syringe the ear with warm castile soap suds ; and continue the syringing until the wax softens and comes away.

Palpitation of the Heart.—Remedies: Broken doses of lobelia, either in the form of pills, tea, tincture, or composing cordial; tincture of valerian; vervain; purple archangel; sculcap; and in prostrate conditions of the nervous system, the third preparation of lobelia, assafetida, or No. 6.

Fainting.—Remedies: Place the head on a level or lower than the body, throw cold water in the face, and allow the patient fresh air. As soon as the patient can swallow give some kind of stimulant, and apply spirits of hartshorn, camphor, or smelling salts to the nose, and avoid a close room.

Apoplexy.—Remedies: The third preparation of lobelia, brown lobelia tea, stimulating liniments, and warm applications to the feet; injections containing brown lobelia or third preparation, keeping the head elevated and bathed with some kind of spirits, are the remedies best adapted to the cure of apoplexy. But where effusion of blood into the brain has taken place, medical treatment will be of little avail.

Dysentery.—Remedies: Broken doses of lobelia, courses of medicine, capsicum, charcoal, bayberry syrup; wet dressing over the abdomen, with bottles of warm water; injections as often as they are found to afford relief.

Pleurisy.—Remedies: Hot applications to the side, vapour bath, lobelia emetics, broken doses of lobelia, capsicum, composition, or any stimulating herb teas, hot poultices.

Quinsy.—Remedies: Gargling the throat with cold water, or with vinegar; and before matter is formed, brown lobelia tea in nauseating doses; wet dressings to the throat, and warm applications to the feet. In more severe cases, injections containing brown lobelia.

Mumps.—Remedies: Stimulating and volatile liniments, warm dressings, small doses of lobelia, warm drinks, and warmth applied to the feet.

St. Vitus' Dance.—Remedies: Brown lobelia given in substance, and its use continued until the symptoms abate; vapour and shower baths, fresh air, valerian, scullcap.

Heart-burn.—Remedies: In some instances alkalies, chalk, lime water, saleratus, bicarbonate of soda; in other instances vinegar. Charcoal is beneficial.

Headache.—Remedies: Whatever will equalize the circulation and promote perspiration is good for headache. The most effectual remedies are vapour baths and emetics.

Bleeding from the Nose.—Remedies: Cold application to the surface; holding one arm up above the head; pressing the sides of the nostrils together with the thumb and finger; gentle walking; snuffing astringents, such as pulverized allum, bayberry, witch-hazle, or sumac; and in obstinate cases injections, nauseating the stomach with lobelia, and plugging the nostril with lint or cotton, wet with vinegar and water; drawing vinegar and water up the nostril.

Cuts and Wounds.—Treatment: Tincture of myrrh, No. 6, and protection from the air and from cold; or bind up with cold wet dressings, with dry dressing or oiled silk over.

Bruises.—Treatment: Wet dressings, local or general steaming, stimulating lotions or liniments, protection from cold.

Burns and Scalds.—Remedies: Cold water dressings, dry raw cotton, dry wheat flour, tincture of myrrh, sweet oil and lime water, Turlington's balsam, healing salve, and in deep burns moderately stimulating poultices. When the parts supurate and emit an offensive odour, tincture of myrrh, charcoal poultice, wild indigo poultice, myrrh poultice; keep the parts warm.

Frozen Parts.—Remedies: Keep the parts in cold water, or in snow until thawed, when the face or nose is frozen, rub the parts with snow or ice until the circulation is restored.

Chilblains.—Remedies: Spirits of turpentine, Grannell's Lotion, spirits of hartshorn. To wet the parts with camphene, or burning fluid or alcohol, and set fire to it, is a popular remedy.

Ulcers and Old Sores.—Remedies: tincture of myrrh, No. 6, local steaming, myrrh poultice, extract of red clover, emollient poultice, stimulating poultice, wild indigo poultice, wet dressings, warm dressings.

Bee Stings.—Remedies: Spirits of hartshorn, saleratus water, soda water, salt and water, tincture of lobelia.

Chafing in Children.—Remedies: Tar water, dry cotton, patent lint, healing salve, scorched rag, the German Nipple Wash.

Felons.—Remedies: Poultice of green lobelia and elm, local steaming; and after the matter has been discharged, apply salve, cover with oiled silk, and keep the parts warm.

Stroke of the Sun.—The third preparation of lobelia or other active stimulant given internally,

dash cold water on the head and face, and bathe the surface with spirits of camphor, hartshorn, or some kind of alcoholic liquor.

VOMITING INFANTS.

The greater part of the sickness and pain of infancy proceeds from a foul stomach.

The most perfectly organized infants, when oppressed with an overloaded stomach, throw up the superfluous food and are relieved. All infants probably take more nourishment than can be properly digested; and when the stomach can be relieved by spontaneous vomiting, the child will generally thrive. This has been observed in so many instances, that it has given rise to the common saying among nurses, "the puking child grows fat."

Infants who do not possess this power to a proper extent, become oppressed with undigested food in the stomach; and when it passes into the bowels, it there causes distress and pain, followed by bowel complaints. The child cries from pain, and to quiet it, is again nursed; and in this way the stomach is continually harassed with more food than it can digest, and the child is made to suffer night and day from overnursing.

It is better to cause a child to vomit with lobelia every time its stomach becomes oppressed with food, than to allow the undigested sour milk to harass the bowels for hours, and tax the powers of nature in working it off in this way. Lobelia will do no injury, and therefore may be given without any risk of its injuring the system.

HOT MEDICINE IN HOT WEATHER.

“Keep the fountain above the stream by supporting the power of internal heat.”—S. THOMSON.

Any one who will try the experiment of taking a pure stimulant, either cayenne, ginger, or Thomsonian composition powder, must become convinced of its benefit in giving the system power to bear excessive external heat, as well as to resist cold. One whose digestive functions are healthfully and vigorously performed, will necessarily possess a high degree of internal vital energy, which will enable him to bear external heat, as well as external cold; whereas, the dyspeptic whose internal heat generating power is low, will readily become oppressed with the heat of midsummer, and soon become chilled by the low temperature of winter.

The use of the Thomsonian stimulants will increase the internal vital energies, and consequently increase the power, of enduring external heat.

Persons who are oppressed by the summer heat, will find great benefit by stirring some good ginger or cayenne in the water they drink. A teaspoonful of ginger, or half a teaspoonful of cayenne or common red peppers ground, will be sufficient for a glass of water—ice water may be used if preferred. These stimulants cannot do harm in any case; for unlike alcoholic stimulants, their use is not followed by debility; and those who will make the trial, will find that they can better bear the external heat by their use, in whatever employment they may be engaged.

Two parts of ginger and one part of cayenne, mixed with sugar, is to be preferred to either of these two former articles separately; and a still

more agreeable form of these stimulants is that of a syrup, which is used to a considerable extent in this city, called "Pure Vegetable Stimulant." The cayenne taken in substance on an empty stomach will sometimes occasion pain; but this will soon pass away, followed by a general glow of warmth and perspiration, without any oppression. The syrup above named will rarely, if ever, occasion pain.

RESPIRATION—THE GREAT IMPORTANCE OF FRESH AIR, IN PURIFYING AND VITALIZING THE BLOOD.

The season of the year having arrived when windows and doors are kept shut to prevent the entrance of cold air, we are induced to call the attention of our readers to some facts connected with respiration, and to make some remarks upon ventilation, &c.

It is by receiving atmospheric air into the lungs that the blood becomes vitalized and fitted for the support of life.

The blood after being vitalized by passing through the lungs, is received into the left ventricle of the heart, and then thrown into the arteries, and by them conveyed into the capillary vessels, where it gives up a portion of its elements to supply all the organs and tissues with nutritive material, the nerve centres with nerve power.

The arterial blood in parting with its oxygen in the capillary vessels, becomes changed from arterial to venous—from red to black blood; and being deprived of its vitalizing properties, it is returned by the veins to the right ventricle of the heart, and then

it is sent to the lungs, where it meets with air in the air cell, and receives oxygen and parts with its carbon, in the form of carbonic acid, which is thrown out in the breath. The oxygen breathed into the lungs is therefore the essential purifier of the blood.

The air that passes through the lungs parts with its oxygen—its vitalizing property—and is not only unfit for respiration, in consequence of the absence of oxygen, but every breath that comes from the lungs contains a portion of carbonic acid gas, which is exceedingly deleterious if inhaled into the lungs in a concentrated form.

It is our settled belief that many forms of malignant disease, such as small-pox, scarlet fever, measles, typhoid fever, are often occasioned by inhaling an atmosphere exhausted of its due proportion of oxygen, and charged with poisonous agents thrown from the blood in the breath, and exhaled from the pores of the surface, in apartments where there are too many persons and not proper ventilation.

Every adult person requires several gallons of fresh air per minute to supply the blood with the amount of oxygen required to change the venous blood, together with the chyle and lymph combined with the venous blood, into arterial blood.

The facts above stated afford a ready explanation why those persons enjoy the best state of health who are most in the open air. The agriculturalist, the coach drivers exposed to all weathers, the butchers, and those of all trades and professions, who have the advantage of the fresh open air, have better digestion, richer blood, a higher temperature, and greater strength than they possibly could have had if the greater part of their lives were spent in ill ventilated apartments.

The importance of fresh air and a proper ventilation of rooms, railroad cars, omnibuses, &c., is not justly appreciated, it would seem, except by comparatively few in the community, even at this enlightened age.

In the building of school houses in some parts of the country, one would infer from their size that the planners of these buildings had made calculations to allow just sufficient room to accommodate the scholars with seats, closely packed together, and the ceiling merely high enough to allow the teacher to walk upright. From thirty to forty children to be kept in such a place without better ventilation than some of the school houses can have, especially during winter, cannot but be very injurious, both to the scholars and the teacher.

That children are often taken sick with measles, scarlet fever, &c., in crowded school rooms, is no mystery. A recess of ten minutes for the children to run in the open air at the expiration of every hour, and a free ventilation of the room during every recess, would be requisite to keep the air in some school houses in a suitable condition for respiration.

The manner in which children are often huddled together—four or five in a small bed—near, or on the floor, in a small room, and not well ventilated probably once a week during the winter, occasions an atmosphere around the children, during the night, containing carbonic acid and other deleterious agents. Children lying face to face near together, so that one will inhale the breath of the other, is also injurious.

Every sleeping room should not only be well ventilated every day, but there should be during night sufficient ventilation to allow some fresh air to come in, either from a door or window, and to occasion

some motion in the air, whereby the respired air unfit for breathing may be prevented from concentrating around the persons in bed.

We have been in crowded railroad cars in cold and stormy weather, when the atmosphere in the car has been so charged with carbonic acid, that the deleterious effects of inhaling this foul air has continued to be felt several days, after performing a journey of eighty miles.

In our city omnibuses there is no provision made for ventilation when the windows are closed, except a small opening through which the driver receives the fare. When an omnibus is crowded full of passengers, and all the windows closed, what kind of an atmosphere will the passengers have to breathe—Each individual inhales from six, eight, or even twelve gallons of air per minute, which loses its oxygen, and is expelled from the lungs, unfit for respiration, and loaded with poison. The passengers are thus subjected to breathing the foul air that has passed through the lungs of probably tobacco chewers, liquor drinkers, gormandizers, and those who have teeth in a state of decay, and very probably there may be one or more affected with scrofulous disease, or in the incipient stage of consumption. After a little while there is a partial stupor comes over the passengers, and the children fall into a sleep for the want of fresh air to vitalize the blood.

Every person, at least with few exceptions, entertain the opinion that a current of cold air will occasion cold. There is no danger of taking cold from *breathing* the open air, provided the body be protected from the cold. But to be in an atmosphere nearly exhausted of its oxygen, and allow a

current of cold air to strike upon the body, the person at the same time inhaling foul air, by which the power of vital resistance will be necessarily enfeebled, they will be liable to take cold. But not so if they breathe the open air and keep their person properly shielded from the cold.

Badly ventilated rooms are unfavourable to the recovery of patients, especially in cases of contagious disease : such as scarlet fever, small-pox, and typhoid fever. It should always be made a point to avoid placing a bed for the sick in a recess, or in a corner where the air cannot circulate. To be surrounded with stagnant air exposes the patient to the poisonous effluvia from his own system, and to the carbonic acid thrown out by respiration, which must necessarily prove injurious.

CATCHING COLD.

Exposure of the feet to dampness ; oppressing the stomach by over-eating, or by taking food difficult of digestion ; exposure to a current of air after laborious exercise without proper protection from the cold ; and too close confinement in stagnant vitiated air, are the chief causes of the colds that prevail at every season of the year.

It is a well established fact that getting the feet damp by walking upon the damp ground, or on a wet pavement, is much more likely to occasion colds than having the feet entirely wet. Very few persons would take cold by having the feet wet, unless exposed to snow. The melting of snow upon the feet, or more properly on the leather, abstracts the heat and electricity rapidly from the system,

and in this way will occasion catarrh or cold. To sleep in damp sheets is always attended with the danger of producing serious disease ; but one may be packed in a wet sheet, not only without risk, but under favourable circumstances with great benefit.

To protect the system from the injurious effects of damp feet, requires that there shall be a non-conducting medium, and a substance impervious to dampness, between the earth and the sole of the foot. Cork and gum elastic are the articles most used. In cities, except where there is slush from melting snow or ice, cork is the best ; but in the country gum elastic overshoes or water-proof leather is requisite for the proper protection of the feet from snow or mud. Some make objection to gum overshoes on account of confining the perspiration, and making the feet tender. This is an objection ; but if thin summer boots or shoes are worn with overshoes, and when the overshoes are not needed, put on thick soled winter boots or shoes, the change will not be liable to cause any injurious effects upon the health.

Washing the feet in cold water every morning affords some protection against the liability to colds ; and a still greater protection will be secured by extending the washing over the whole surface.

Clean stockings afford protection from cold ; and the feet will not be so apt to perspire in clean stockings as they will by using those that have been worn several days.

We frequently hear persons complain of cold feet whilst in a warm room. Whenever there is a fire in a room there will be an under current of cold air passing over the floor to supply the fire. The cool air that comes from doors and windows, being hea-

vier than the warm air in the room, will form the lowest stratum, and consequently the feet will be exposed to this lower stratum of air. The feet may be cold when placed upon the stove hearth, by the current of cold air that passes over them to feed the fire. Invalids, and patients recovering from sickness, require to have their feet protected from the under current of cold air when they are sitting up.

Colds may be brought on by overtaxing the digestive powers with too much food of a quality hard to digest. If digestion becomes suspended or materially impaired the amount of heat generated will be lessened, and the patient will become affected in the same way that he would be from having lost his heat from exposure to cold and dampness. As long as the stomach continues to perform its function of digestion the system will be supplied with heat, and with the power of resisting the influence of cold; but when the digestive functions are suspended or materially impaired, the power of internal heat will be lessened, the natural determination to the surface will be partially or wholly suspended, and the worn out matter of the system that requires to be thrown out through the pores of the skin by sensible and insensible perspiration, in order to sustain health, is thrown inward upon the mucous membranes, producing the symptoms that characterize catarrh, influenza, or cold. The demand for food is much greater in winter than in summer, and consequently the appetite is stronger and digestion more perfect; but still we may overtax the stomach even in cold weather, as we may smother a fire by heaping on unsuitable fuel.

Sitting or standing in a current of cold or damp air, when in a state of perspiration, without sufficient protection of the body, is a very common cause of colds.

Inhaling the foul vitiated air of crowded or badly ventilated apartments impairs the powers of digestion, prevents a proper decarbonization of the blood, and consequently the degree of heat generated in the system will be lessened, and the same result be produced as if the person had been deprived of heat from exposure to cold and dampness.

WAKEFULNESS IN DISEASE IS PROBABLY BEST
FOR THE PATIENT UNDER MANY CIRCUM-
STANCES.

During sleep the force of the circulation of the blood is lessened; the power of the brain is lowered, and consequently obstructions in the capillary vessels will be more liable to occur then, than during the waking state. It may be that nature opposes sleep in order to prevent obstructions, and to carry on the recuperative actions. The stupifying of the brain with opium or other narcotics, arrests the curative action and impairs the vital functions. In many instances patients labouring under an attack of puerisy will be unable to sleep during the active stage of the disease, and if they get to sleep are awakened by a severe pain in the affected side, in consequence of increased obstruction having occurred during the sleep. In acute rheumatism the moment the patient gets to sleep he feels a darting pain and a jerk that arouses him, and in this way sleeping is prevented, and he is probably benefited by the inability to sleep at the time.

Croup, in most instances, comes on during sleep; and epileptic fits generally occur at night, after sleeping.

WARM WATER FOOT-BATH.

The right way to proceed in the application of the warm foot-bath, is to have the water at first of an agreeable temperature—not too hot to be disagreeable to the patient; and then, about every two minutes, add as much hot water as the patient can bear, for the space of ten or twelve minutes. Then rub the feet dry, and bathe them with whiskey, or some other kind of stimulant.

ON THE USE OF CATHARTICS, OR PURGATIVE MEDICINE.

Every substance which operates on the bowels as an active cathartic, whether it be mineral or vegetable, is injurious.—There is a wide difference between restoring the natural action of the bowels by aiding nature and that of provoking an unnatural action in them by means of cathartics. The intestines possess very little sensibility, excepting that portion called the rectum, which comprises only a few inches of their lower extremity; and it is not until the contents of the bowels pass down within a few inches of the anus, that an inclination to evacuate the bowels is felt. It is only the lower end of the intestinal canal that is supplied with true nerves of sensibility. A substance, to be felt in any other

portion of the bowels, must be of an irritating acrid nature. If there be a superabundance of acid in the bowels, and the person take freely of cayenne pepper, it will be very likely to occasion purging, by awakening, in some degree, the sensibility of the bowels to the impression of the acid. Substances thrown into the rectum, will stimulate the bowels to evacuate their contents, when the same substance, taken by the mouth, will never occasion purging.

We can judge of the injurious tendency of cathartics in a diseased state of the system, by ascertaining their effect upon the system when in a healthy condition. Every physician will at once admit that the use of cathartics is injurious to persons in health—directly tending to disorder the stomach, impair digestion, lessen the determination to the surface, weaken the power of generating heat, diminish the nervous influence, and ultimately prostrate the functions of the bowels. If a person in health take daily a dose of purgative medicine, sufficient to produce a free operation, and continue the practice a few days, it will disorder the stomach and weaken the functions of the bowels, so that they will be left either relaxed and irritated, or constipated.

“In disease, the excretions existing in the alimentary canal are a matter of little importance, the object being to promote those actions by which the excretions are formed; which being restored, the bowels will be enabled to relieve themselves.”—

Jackson.

Costiveness is the consequence of the peristaltic action of the bowels being in a weakened condition. Hence, costiveness is the effect and not the cause of disease; or, at least, it is merely one link

in the chain of effects arising from loss of vital power, or a weakened condition of the principle of life. A patient applies to a physician for advice. He tells the doctor that he has pain in the head; feels very drowsy and heavy; and has no appetite. The doctor inquires about the condition of the patient's bowels, and ascertaining that they are in a constipated condition, discovers a cause for the headach and drowsiness, and he directs a cathartic in order to remove the difficulty. But the inquiry should always be extended further, to ascertain the cause of the costiveness, and "apply the axe to the root of the tree," instead of employing means which merely change the symptoms, and interfere with the curative operations of nature. By tracing disease to its primary source, we find it to arise from loss of vital power; and this should always be kept in view in the treatment of disease. Medicines often get the credit of curing disease, even where they may have had the effect to increase the distress of the patient, and lengthen the duration of disorder.

• Purging, like blood-letting, will modify the symptoms without removing the cause of disease; ultimately tending to disorder the system, and prostrate the vital forces. It will be admitted by every physician, that in a sunken state of the system, or in very aged persons, the use of purgative medicine is not only hazardous, but, in many cases, if given to the extent of exciting free purging, would cause the death of the patient.

It is by the efforts of nature that disease is cured. Medicines are only serviceable when they aid the efforts of nature. When the bowels are too inactive, or in any way disordered, the great object is to aid

in restoring the power of heat, and of nervous influence; the only way by which the functions of the bowels can be restored to a healthy condition. The direct tendency of cathartics is to lessen the internal heat, and weaken the nervous power.

Cathartics are agents which do not harmonize with the laws of life; and when taken into the stomach, the constitution makes an effort to remove the offending substance by purging. The deleterious influence of cathartics provokes the bowels to action, upon the same principle that a portion of tainted meat will produce looseness of the bowels and violent purging.

It is urged by some, that many diseases pass off with a looseness of the bowels, and that nature sanctions the propriety of purging. It should be borne in mind, that the forced action from a cathartic is different from the action which results as a consequence of the bowels *recovering* their functions at the crisis of disease. In the first case, the bowels are aggravated and provoked to action; whereas, in the latter, it is the recovery of their lost functions.

Some have endeavoured to prove the advantage of using cathartics, by selecting a few isolated cases, where especial benefit appeared to result from their employment, the medicine having been given at a favourable period of the disease. Thus, a patient may have several courses of medicine administered, which may bring the disease almost to a crisis, and just at this time take a dose of cathartic medicine, and the next day the disease be broken up; not in consequence of having taken a purge, but because the disease was forming a crisis when the cathartic was taken; and although it does more

harm than good, still, the disorder being just at its termination, the patient would improve more rapidly, and very erroneously suppose that he had received more benefit from the cathartic than from courses of medicine.

There are thousands of persons in the community who continue in bad health year after year, in consequence of the habitual use of purgative medicines. After commencing the use of purgatives, the bowels being weakened by them, they become more costive; to overcome this, more physic is taken, which may relieve, but it weakens digestion, and is followed by increased torpor of the bowels.

The exclusion of cathartics constitutes one of the distinguishing features of the Thomsonian practice of medicine; and no one can justly claim the title of Thomsonian who is in the habit of prescribing either *mineral* or *vegetable* cathartics. It is inconsistent to denounce all *mineral* poisons, and at the same time administer vegetable poisons, such as *mandrake*, an article which has been laid aside by the medical profession generally as too irritating to be used with safety; and yet many who claim to be Thomsonian doctors employ mandrake to a great extent in their practice. Castor oil, which is one of the mildest cathartics, occasions purging, because it is indigestible and offensive to the stomach and bowels.

Dr. Samuel Thomson used to say, that the practice of taking physic (purgatives) was like borrowing from Peter to pay Paul—which may afford some relief, but does not diminish the debt. In like manner, a dose of purgative medicine may afford relief, but it does not remove the cause of disease.

ENEMAS.—*Injections.*

Many important objects may be accomplished by the use of injections in cases of sickness; and in many instances they constitute the most important means for the cure of disease.

In disease, the bowels are generally either constipated or affected with diarrhœa; and in either case, the use of injections, though not always necessary, may nevertheless be employed with advantage. The mere evacuation of the fecal contents of the bowels, is not of so much importance in the cure of disease as is generally supposed. To restore healthy action in the bowels is the great object to be kept in view; and it is better that a patient submit to some unpleasant feelings from costiveness, than to harass his stomach and bowels by taking cathartics.

When aliments leave the stomach, they pass quickly through the small intestines, a distance of about thirty feet, in a liquid state, and when received into the large intestine are there retained to undergo a kind of second digestion. Hence, the seat of costiveness, in almost every instance, is in the lower bowels, and within the reach of the influence of injections.

“Whatever is good to cure disease, when taken into the stomach, is likewise good for the same purpose given by injection; as the grand object is to warm the bowels and remove canker. In all cases of dysentery, cold, piles, and other complaints, where the bowels are badly affected, injections should not be neglected. They are perfectly safe in all cases; and better that they be used ten times when not needed, than once neglected when they

are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when all other means would fail.”—*Dr. Samuel Thomson.*

Lobelia, administered by injection and retained, operates upon the general system as effectually as when taken into the stomach. Indeed, a greater degree of relaxation may be effected by the same quantity of lobelia administered by enemas, than when taken into the stomach. Often I have observed a most striking change for the better produced in violent attacks of disease, by a lobelia injection retained. Obstruction in the system, wherever situated, appears to be more effectually removed by relaxing the system with lobelia, than by any other means. Not that we are to depend, however, upon this treatment, to the exclusion of the use of stimulants, the vapour bath and emetics. There is probably no medicine so effectual in arousing the sensibility of the bowels as lobelia—causing the patient to feel his diseased condition; and by exciting the disease-expelling power into action, distress in the bowels will be experienced; followed, however, in all curable cases, by a manifest and frequently remarkable change for the better.

Of the various methods of preparing Injections; together with further remarks in relation to their practical application.

Half a pint of warm composition tea, adding a teaspoonful of green lobelia powder, forms a suitable injection for ordinary cases of disease, where the symptoms are not of a dangerous or violent character, nor the bowels badly disordered.

Where there is reason to believe that the bowels are "cankered," or coated with thickened tenacious secretions or a false membrane, as they are in dysentery, diarrhœa, and in obstinate cases of disease of every description, the following form of injection will prove more effectual than the one before mentioned, namely:

Half a pint of bayberry or No. 3 tea, made very strong, and after it is strained or settled and poured off, add a large teaspoonful of the liquid of the third preparation of lobelia, or a teaspoonful of No. 6, and a teaspoonful of either brown or green lobelia powder.

In violent cases, the quantity of third preparation, or of the pepper and lobelia, must be increased to double or treble, or even to ten times the quantity above mentioned. Thus, in malignant forms of disease, as in what are termed typhus or congestive fevers, I have generally found it necessary to administer a large tablespoonful of the third preparation of lobelia at a time by injection, and have it repeated every two or three hours for several days in succession, in order to sustain vital action and prevent mortification. I have known patients to recover from malignant forms of disease chiefly, I believe, through the influence of actively stimulating injections, administered every hour or two, and in this way continued from one to four or five days. In some of these cases, the sensibility of the bowels was so low, that from four to six injections would be retained before an operation was effected, or the bowels made sensible to their impression.

The daily use of stimulating injections during "*confinement*," after child-birth, will prove an effective preventive against puerperal or child-bed fever,

as it promotes the contractile power of the uterus and prevents stagnation of blood in the uterine vessels—a frequent cause of puerperal fever. It may be asked, will not lobelia injections relax the uterus? If there should be spasmodic contraction of the uterus, the use of lobelia will overcome the spasmodic contraction, but at the same time will promote the power of healthy contraction; just as in a case of spasm of the neck of the bladder, lobelia injections, while they relax the spasm, increase the expelling power of the bladder.

By observing the character of the evacuations from the bowels during the course of disease, we perceive that about the time that a favourable crisis takes place, there will be more or less of a skinny-like substance escaping from the bowels, and which had previously coated their mucous membrane. To remove this substance from the lower bowels, (where it is chiefly situated,) the use of injections is particularly demanded. Thus, long-standing cases of dyspepsia are cured by removal of a false membrane from the stomach and bowels, by means of courses and taking freely of composition powder, or of bayberry and pepper, together with the daily use of an enema. Powerful purgative medicines, though they may sometimes bring away false membrane, when not too firmly adherent, yet as they neither restore the lost functions of the bowels, nor tend to improve the condition of the blood, nor of the secretions, the patient, instead of being benefited, will be left in a worse condition, from the effects of the medicine; whereas, under the Thomsonian practice, the course of treatment that cleanses the mucous membranes restores their functions.

In case of obstinate costiveness, and where the chief object is merely the evacuations of the bowels, the following will be found sometimes to answer a better purpose than those already mentioned.

A tablespoonful of salt,

Do. do. molasses,

And a pint of warm water.

This may be rendered more effectual by the addition of a teaspoonful of third preparation of lobelia, or of the lobelia powder.

Simple Astringent Injections.—In bad cases of piles, the powerful stimulating injections should not be employed except under some peculiar circumstances, for instance, in paralysis of the lower extremities, or of the bladder, or rectum, suspended animation, or in cases of extreme prostration, from illness. When a patient is affected with piles, and ordinary injections are found to make the piles worse, I have never found any plan of treatment more effectual than a strong tea of witch-hazel, sumac berries, bayberry and poplar bark, used by injection at bed-time, and retained until morning. This diminishes the piles, relieves the soreness of the parts, and generally procures a motion from the bowels in the morning.

Simple Lobelia Injections.—Immense benefit may very often be derived by placing the system under the influence of lobelia, administered by injection, and retained ten or fifteen minutes; and indeed, no harm will arise from it, even though it should remain in the bowels many hours. In all violent attacks of disease, one of the most important indications is to relax the system by lobelia, either taken into the stomach, or administered by injection, in luke

warm water. If stimulants are employed in the injection, the lobelia will pass off before the system will be effectually influenced by it. In violent cases of croup, besides giving lobelia by the mouth, half a teaspoonful of the powder in a tea-cup of lukewarm water should be administered by injection, and this repeated if the case prove obstinate of cure. In severe cases of scarlet fever, attended with an undue determination of blood to the head, and, in fine, whenever there is vehement fever, attended by a hard and tense pulse, injections of lobelia powder in lukewarm water, by relaxing the system, will very greatly assist the efforts of the constitution to overcome obstructions, and restore the functions of the bowels.

In administering lobelia to infants and children, by injections, the quantity used must vary to suit the age of the patient and the violence of the disease. Thus, for children under one year old, as much lobelia powder as will lay on a five-cent piece; or even less than this will be sufficient in ordinary cases. But when the symptoms are violent, as in severe croup, fits, &c., a much larger quantity may be required.

The practice of placing the system under the influence of lobelia, administered by injection and retained, is not to be confined exclusively to cases in which there is a high fever. Disease that has become seated, whether accompanied with fever or not, has often been removed by means of lobelia injections.

Case.—Some months since, a little girl was attacked with a very severe form of canker sore mouth; and various kinds of remedies, together with the use of the steam bath, and the usual stimu-

lating injections, having failed to effect a favourable change in the symptoms, and the disease having continued nearly two weeks, a lobelia injection was administered and retained, which relaxed the system very much, aroused a new action in the bowels, occasioning considerable pain and distress for a time; but the symptoms of the sore mouth at once assumed a more favourable aspect, and in a short time it was well.

Case.—A young lady of nervous temperment was thrown into convulsions by being hit upon the neck with a nut-shell. Dr. Harris, of Newtown, Bucks county, was sent for, who prescribed the third preparation of lobelia. Ascertaining, however that she could not swallow, and appeared insensible to the impression of the medicine when put in her mouth, and the spasms continuing, the doctor desired the females present to administer an injection, consisting of a tablespoonful of third preparation of lobelia, in some warm water. This was accomplished with considerable difficulty. The injection was retained; and appearing to lessen the violence of the convulsions, a second injection similar to the first, was given; and this occasioned free vomiting, followed by a cessation of convulsions, and a return of consciousness. After the lapse of a few hours, however, symptoms of returning convulsions came on; but the patient being then able to swallow the third preparation, it was given every time that the symptoms became manifest, and convulsions prevented.

Lobelia, retained in the bowels, will always produce for a time more or less pain and distress, by greatly increasing the sensibility of the parts, and as it were, attracting the nervous influence to the

bowels, removing obstructions, and restoring the internal capillary circulation necessary to carry on the functions of the bowels in a healthy manner. Patients may be effectually vomited by lobelia, administered in the manner just described; the vomiting and relaxation of the system even continuing longer than when an emetic is taken in the usual way.

In all cases of obstinate obstructions in a part, attended with violent pain and strong pulse—as in severe pleurisy, inflammation of the brain, inflammation of the lungs, croup, &c.,—lobelia should be used freely: either given by the mouth, or administered by injection and retained. In some instances it will be necessary to repeat the injection at intervals of every four or five hours, with a view to overcome obstructions, if there be seated inflammation; to equalize the circulation of the blood and of nervous power. In this way we obtain all the benefits that can possibly result from relaxing the system by blood-letting, and without any danger of the serious consequences which not unfrequently result from the loss of blood.

Lobelia administered by injection, exerts a more prompt and effective influence upon the kidneys, bladder, and uterus, than when taken into the stomach. Hence, in all cases of disease of any of these organs, or in parts within the vicinity of the lower bowels, the use of injections will constitute a very essential part of the treatment. Flooding after child-birth can be more effectually and promptly checked by stimulating injections, containing lobelia, administered to the bowels, than by any other means.

Violent inflammation of the kidneys, strangulated hernia, inflammation of the neck of the bladder, retention of urine, painful stricture of the urethra, and inflammation of the uterus, demand the prompt employment of lobelia injections, besides the usual constitutional treatment proper to be employed in such cases.

Habitual costiveness is rarely cured by the use of ordinary injections alone; other means must be employed, as the circumstances of the case require.— (*See article on Constipation.*) Sometimes a free use of cayenne pepper at meals will restore the natural action of the bowels.

In administering a course of medicine in deeply seated disease, no matter by what name it may be called, it is a good practice to administer a stimulating injection previously to the steaming, and after the bath, repeat the injection, composed simply of half a teaspoonful of lobelia powder in warm water, so that it may be retained, and then give the emetic of the third preparation of lobelia, or some other preparation of lobelia, combined with stimulants, in bayberry tea.

It would appear that most persons, and even physicians, regard constipation of the bowels as more injurious to the system than the frequent use of purgative medicines. This is one of the popular errors introduced and established by false theory. The homœopathic physicians use neither purgatives nor injections; allowing their patients to continue eight, ten, and even twenty days, without a motion from the bowels; and their success in the treatment of disease is equal, if not more than equal to that of the allopathic practice.

A lady at Moorestown, N. J., continued nine days without any motion from the bowels, notwithstanding injections were administered daily. She experienced no apparent inconvenience from the constipation of the bowels; and being in a state of extreme prostration, this patient would probably not have recovered, if her stomach and bowels had been aggravated by cathartics, or even by laxatives; the mere stimulus of distention, arising from the presence of fœcal matter in the bowels, assisting in supporting the strength of the patient.

Turpentine, administered by injections, has frequently proved successful in removing pain in cases of bilious colic. Take a tablespoonful of oil, or spirits of turpentine, and the yolks of two eggs, beat them well together, and then add a pint of warm water. This may be all administered at a time, and repeated if necessary.

Tonic Injections.—A decoction of Peruvian bark, rose willow, poplar, or of any of the vegetable tonics, administered by injection and retained, will exert the same influence upon the system as when taken into the stomach. Tonics may be administered in this way in cases where the stomach is too irritable to retain tonic medicines.

DIETETIC HABITS.

It will be observed that the opinions expressed in the following article, in relation to the impropriety of using for food saussages, boiled cabbage, coffee, pies, and animal flesh, is at variance with the theory and practice of my brother, J. W. COMFORT, who has contributed largely to this work ; hence, in justice to him, I would have it distinctly understood that the article on *dietetic habits* was written by myself. He had no part or lot in the matter. The opinions are my own, and such as appear to me to be correct ; yet I make no kind of claim to infallibility, but would have every one exercise his own reason, and be governed by his judgment and experience.

When we look into the condition of society, and see so many unhealthy human beings, so much physical suffering, and so many premature deaths, we may very profitably ask ourselves why these things are so ? Are pain and disease incomprehensible evils that come of themselves, or by chance, or entailed upon us by the neglect of our *Maker* to perfect our organization ; or are they not the necessary consequences resulting from violating the laws governing our being, committed perhaps in the past as well as present ? Are they not Nature's warning voice, telling us we are injuring ourselves, and admonishing us to change our habits ?

Our bodies are developed and supported by the nourishment received through the medium of the stomach. We also know that different substances taken, have a favourable or injurious effect corre-

sponding to their nature. Some will nourish ; others will cause suffering and death. Therefore, as the system is influenced by the nature of that taken into the stomach, must it not follow that its condition depends on the treatment it receives? And can we reasonably look for good health, unless we pursue a course of living that is in harmony with the laws of our nature? These subjects, and those to which they lead—*dietetic habits*, have not heretofore claimed as much of our attention as their importance demands ; for most assuredly the partaking of unwholesome articles of food, and eating *too much*, are among the prominent causes of our physical suffering.

It is an important fact that should be borne in mind, that merely taking food into the stomach is not all that is required to sustain the system ; but that it must first undergo the process of digestion before it can enter into and become part of the body, and afford the desired nourishment, and also before that part from which the nourishment has been obtained can in a healthy manner pass into the bowels and from the body.

The process of digestion may be compared to boiling rice, which every one knows will be imperfectly cooked if a handful of fresh rice is occasionally thrown in ; hence it may readily be perceived that meals should not follow each other in such quick succession, that the last is not digested before another is taken. It may also be perceived that when articles containing little or no nourishment are taken, or the stomach oppressed with more food even of a proper character than can be digested, that a healthy condition cannot possibly exist ; but that evil consequences must follow, by having the imperfectly digested, and often sour and fermented contents of the stomach pass

into the bowels, causing pain and distress, and imparting to the system unhealthy elements, corresponding to their diseased condition.

In proportion as this practice is pursued must vital energy and the power of digestion become exhausted, causing diseased action, and very many of the ills of which we complain.

For want of studying and obeying these laws, we are constantly committing the most fatal errors, beginning with the infant at the breast. A child is over-nursed or fed until its stomach is oppressed with more food than it can digest, causing distress and cholic. It cries with pain; the mother to soothe and quiet, or for she don't know what, again nurses or feeds it as often as it can be induced to take the breast or food, continuing to do the very thing that caused the distress, and thus preventing nature from passing off the sour matter and restoring a healthy condition.

Some observing persons are of opinion that it requires about three hours for food to be digested and pass from the stomach of a healthy child. When a child is unhealthy, and the digestive powers feeble, this process must require a still greater length of time. Now if we will bear in mind the fact that food must be digested before it can afford nourishment, is it not reasonable that a sickly child should not be fed so frequently or with as much food as a healthy one? With regard to the proper length of time that should elapse between the nursings of infants, there is some diversity of opinion; but if it requires about three hours for the stomach to digest and pass off food, that should regulate the time for nursing; and it is well that these should be at regular fixed hours. As the child advances in age, the length of intervals

should be increased. It is much better that they should have a little healthy exercise in crying for want of food, than to cry with distress from an overloaded stomach.

And again how common it is, as soon as their age will permit, to treat them with sweet cakes, candies, sweetmeats, and other dainties, which injure the vitality of the stomach, tend to destroy a relish for healthy food, create an excited false appetite, that entails on them a misdirected love of eating to gratify a perverted appetite, rather than to promote health and lay the foundation for a feeble constitution, irritated disposition, and much suffering.

These may be called little things, but they influence the conditions that prompt to actions which control, to a great extent, our destiny.

How many premature deaths are occasioned by having the vitality of the stomach fatally injured during infancy, by over-feeding, unhealthy milk and food, poisonous drugs, and dainties, we know not. But is it not our duty carefully to examine the subject? The Hindoo mother, from misdirected love, throws her child into the Ganges; and do we not destroy our children with misdirected kindness?

The treatment of children is one of the most, if not *the most* important subject that can engage our attention. We all know the influence of early impressions, and hence the necessity of training them to eat for the sole purpose of promoting health, and not cultivate in them a propensity to seek their greatest enjoyment in the gratification of the appetite.

Every mother does, or should know that the milk her infant obtains from her partakes of the nature of the food she eats; therefore, what is not good for the child, is not good for the mother.

Many invalids fail of being restored to health, while under rational and correct medical treatment, in consequence of indulging their appetite and oppressing the stomach with food of a kind and quantity that cannot be properly digested, and thus prevent nature from restoring a healthy condition.

Again, many who are suffering from dyspepsia and debility are prone to commit an important error in their diet, which with a little reflection they can perceive, and should avoid. The same moderate quantity of food taken and imperfectly digested, without the aid of artificial assistance, would, under the animating influence of our anti-dyspeptic medicine, be much better digested, improve the tone of the stomach, afford relief, and give strength to the patient. But when latitude is given to the appetite, as vitality is increased by the use of the medicine, the desired benefit is not received: for the plain reason that the stomach is taxed with an additional amount of labour, perhaps greater than the assistance rendered by the medicine.

And again, very many persons commit an important error by eating too much when fatigued. They feel feeble and exhausted, and partake freely of food to support their strength and satisfy hunger, not regarding the fact that the digestive powers are in a measure prostrated with the energy of the body. It is better to partake moderately of food, and give nature what she requires—REST. The vital powers of the stomach have been much injured under such conditions by overtaking it, especially in the evening. Suffering may not be observed at the time, but the habit must produce evil consequences. Persons whose constitutions are feeble would do well to lie down and rest before meals, when fatigued from exercise.

It is well for all to partake moderately of food at supper, also to abstain from eating during the evening, thus avoiding one very fruitful source of disease: disturbed repose, frightful dreams, and nightmare.

The habit of eating between meals, if indulged in, should be exercised with judgment; and it is of great importance that we do not mistake an excited morbid appetite for an absolute demand of nature.

The habit of "eating in a hurry" and swallowing our food before it is well chewed is very injurious, for it must be evident that the juices of the stomach cannot so readily penetrate and dissolve solid lumps of food as small particles. Many stomachs have been ruined, and lives shortened by this practice.

The habit of drinking much water or other fluid at or soon after meals, is a subject worthy the notice of those interested. It is by the gastric juices of the stomach acting upon the food that the process of digestion is performed; and the quere arises, or rather is it not reasonable that these juices are weakened, and their power of dissolving food impaired, by being mixed with too much water or other fluid?

If we wish to obtain the highest object of our existence—HAPPINESS, we should in all stages of life conform our actions to its changing condition. During youth we require active exercise to develop the body; when past the meridian, and the frame sinking to decay, we require less exercise and food. It is nature's voice, and we should obey.

There are many who as age creeps on find their appetite is not good; some articles of food distresses them; they have pains and aches, and their strength fails; resort is made to medicine to give them an appetite, and they eat all they can to keep up their strength, that they may bear the labour of youth.

Now this is a great mistake. It is right and proper to use such medicine when required as will promote healthy action ; but it is not wise to eat one particle of food more than can be digested.

There are very many dietic errors committed by ourselves, and also others encouraged or induced to do the same thing. How common is it when a friend is dining with us, to insist on their taking a little more of this, or a little more of that, until we compel them absolutely to injure themselves.

Again, how often are children injured by being compelled to "clear their plate," just as though their stomach was an omnibus—never full! This is a most barbarous and injurious practice, unless great care is observed about what is put on the plate.

Nurses who have charge of the sick should exercise great care in giving food to their patients, lest they increase the quantity of morbid matter in the system, instead of giving strength to the patient. Sickness has been much protracted, and deaths occasioned, by giving improper and too much food.

So remiss are some people in thinking for themselves, that it is not uncommon to be told by those subject to headache, bilious attacks, and suffering distress in various ways, that they "eat and drink what they pleased and as much as they wanted, and that they did not know that eating made any difference," when in reality it was their mode of living that caused the difficulty.

We have been depending entirely too much on doctors and medicines to remove an incomprehensible something, called disease, from the system, and vainly attempting to find in them a substitute to perform the operations which nature alone can do ; and, permit us to continue, indulging in the habits which

produced the suffering, instead of carefully examining for ourselves in what manner our mode of living or acting has over-exercised and abused some of the organs, until their vitality has become exhausted and morbid, and thus rendered incapable of performing their natural duties, the effects of which we feel ; and then wisely make the promotion of health the prime motive to all our actions, and not blindly follow perverted appetite or misdirected inclination, regardless of their necessary consequences.

If it be a truth, as has been stated, that the condition of the system is influenced by the treatment it receives, it will appear evident to every reflecting mind that it is just as necessary that invalids observe a careful course of diet and habits, as that they should take medicine ; and also that the only object in taking medicines should be to render artificial assistance to the sickly organs that fail to perform their natural functions, and that the only remedies used should be such as are known to tend to restore the lost function, rather than produce a forced action, or remove pain by suspending our power to feel it.

Beneath the superficial view of what we call evils are hid the richest blessings ; so it is with pain. If we take in our hand a hot iron, pain gives us the knowledge that the hand is injured ; were there no pain to give the knowledge, the hand would be destroyed. Were there no pain in bilious cholic, cholera, &c., when the stomach is charged with morbid matter that is becoming putrid, we should not have a knowledge of its condition, and death would probably follow. Thus it is in all cases, that pain conveys a knowledge of injury. Is this not common sense ? and is it in accordance with reason and common sense to take drugs for the purpose

of *curing pain*, by benumbing the sensibility of the organs, and thus prevent our knowledge of injury? Is it not better to use remedies that will increase their sensitive vitality?

Very many constitutions have been irreparably ruined, and lives shortened, by the use of physic and other deleterious drugs to remove an effect, and also by forcing into continued action that property possessed by the organs of expelling from the system whatever is not congenial to it.

To seek enjoyment in the improper indulgence of our appetite, propensities, or inclinations, not only causes physical suffering, but what is of infinitely more importance, also prevents the full development of the mind. Witness the inebriate; his brain, which is the seat of sensation and thought, must necessarily sympathize with and be affected by the condition of the stomach. So it is in all cases where the stomach is oppressed and rendered unhealthy, whether it be by eating, drinking, or other cause, that the thoughts and emanations evolved from the brain are in harmony with its condition; and thus a dull, sluggish, or excited tone is imparted to every attribute of the mind.

Many minds are prevented from expanding to the *great* and *good*, and very many of the unhappy discordant feelings that engender strife and mar the happiness of the domestic circle and society, and many dispositions or temperaments naturally mild and amiable, have become irritable and peevish through the influence of an unhealthy stomach.

Is it not a fact that our dietetic habits have an influence on the condition of the spirit after it leaves the body?

To answer an oft repeated question: "what shall we eat?" is a very difficult matter. In fact, to pre-

scribe the particular kind of food or dishes that will, in our present unhealthy state, best suit the various conditions of the stomach, is impossible. Particular kinds of food may agree with us at one time, and at another produce distress; hence a change is necessary. Every one with a little observation can ascertain for themselves when any article lays heavy, produces distress, or can be tasted some hours after eating, and in this way tell what disagrees with them better than any physician; and if they wish to avoid suffering, they must cease to do that which produces it. We should exercise our own judgment in these matters, and experience will be the best teacher. We need but direct our attention to what will best promote our health, instead of what we like best, to be our own directors. There are, however, some articles which experience has taught us do disagree with very many, being such as contain but little or no nourishment, or hard to digest, or both; among the most prominent, are fresh pork, saussage, roasted goose, veal, boiled cabbage, pickles; fresh, heavy, or sour bread; pancakes, boiled apple dumblings, pies, pastry, sweet cakes, doughnuts, confectionery, coffee, green tea, and all kinds of spirituous liquors.

The meats generally considered the most healthy, are mutton, beef, wild game, and chickens; all of which, except beef, are more easily digested when boiled or broiled, than roasted or fried in grease.

We are prone to commit a great error by eating at a meal one article after another, until we have a mixture in the stomach, the very sight of which, were it on a dish, would be revolting; hence the query: is it proper to mix in the stomach what we could not eat from a dish?

The animal creation select their food from *inclination*, or instinct ; and to develop their physical body, is their perfection. Man has *reason* to direct his inclination, and a mind or spirit to develop, which is his perfection ; and in proportion as he is influenced by the exercise of this attribute—*reason*, he advances higher in the scale of progressive existence.

Prompted by a desire for this advancement, and from various motives, many have been induced to try the experiment of subsisting upon a vegetable diet. Some have failed of receiving the anticipated benefit ; while many others, from long experience, have become perfectly convinced that their health of body is much better, the perceptive faculties of the mind far more clear and harmonious, and the capacity for the enjoyment of life very much increased, by abstaining from the use of animal flesh. Even the enjoyment of taking our food (so wisely associated with our existence) is not diminished, but is increased by a total abstinence from the use of animal flesh.

The grain, vegetables, seeds, and fruit, furnish all the healthy luxuries they desire ; and to be compelled again to eat meat would be a severe punishment.

Conscious of inability to do justice to this subject, I shall attempt nothing more than to make a few brief remarks. All the animal creation, man included, are developed out of, and must obtain their nourishment from vegetation. One animal may feed on another, still all nourishment must originally be derived from the vegetable kingdom ; therefore vegetarians prefer obtaining their food direct from the hand of nature, rather than after it has been eaten by an animal, and changed into flesh similar to ourselves, having already undergone the process required to develop our physical bodies. It has been urged that animal flesh is

necessary to furnish the materials to form bone, hair, and the different organs of the bodies. Now I confess my inability to perceive this theory to be correct, because the properties contained in the grain to be converted into bone, &c., has been already abstracted by the ox; and to eat his flesh, and not the bone, &c., we lose that property originally existing in the grain.

Animals, like ourselves, are liable to be in an unhealthy condition; and it appears reasonable to conclude that taking diseased meat into the stomach would impart a corresponding influence to it.

It is a fact worthy of notice that vegetarians are very rarely subject to cholera or other malignant diseases, which prevail among their meat-eating neighbours. It would not be advisable for meat-eaters to abstain suddenly from the use of all animal flesh.—The change should be gradual. Neither should much benefit be expected until the system had become accustomed to the change, and under the influence of a vegetable diet. The subject is well worthy a careful investigation.

In conclusion I will give a prescription for my own regimen, and if others feel disposed to follow it I hope they may be benefitted.

Rise early and take a walk before breakfast, but not to produce fatigue. Twice a week take a tepid bath or thorough washing; rub well from head to feet with a coarse dry towel—in warm weather use cold water. For breakfast take a soft boiled egg, or moderately cooked by being broken into a warm vessel, with a small quantity of butter or cream, stir quickly, and be careful that it is not over-done; a slice of bread toasted brown, but not burned; a cup of milk or cream, with sugar and a portion of black tea

or a cup of cocoa. For dinner a moderate quantity of farina, or corn grits, or wheat grits, well cooked two hours before using ; with these take some cream and sugar ; a roasted or baked potato, or small quantity of well cooked vegetables ; a small portion of bread ; occasionally a small portion of fresh fish ; but very little fluid, as it impoverishes the digestive fluids of the stomach. For supper a slice of stale bread, well toasted, pour on some thickened milk or cream, season to the taste ; a cup of weak black tea.

Retire early ; maintain a cheerful mind—it is a panacea for many ills.

Observe fixed hours for meals.

This amount of food will not afford sufficient nourishment to support great physical labour. Still, our powers of endurance are greater under the influence of the error of eating too little than too much.